

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$4.25

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New Zealand Edition

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**Homemade  
Christmas Crafts**

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**Bantam Fowls**

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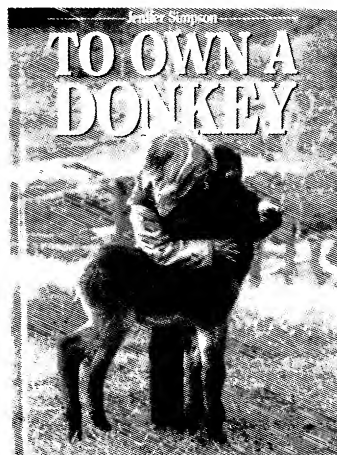
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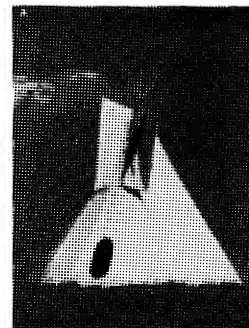
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Front Cover: Keen gardeners are in their element at this time of year. Most of the hard work of preparation and planting is over and the fun and satisfaction of harvesting and enjoying the delicious fresh produce has begun. Pictured is David Banfield displaying some of his bountiful melon crop. See page 23 for details about David's gardening methods.

Back Cover: Also enjoying the fun of the harvest is Gabriel Chwanetz, photographed among the giant pumpkins at a weigh-in earlier this year. Wendy Stayner's article on page 29 describes how to grow this amazing crop.

Distributed by Gordon and Gotch.

# Feedback Link-Up Feedback

## Dear GR Readers,

If anyone wants to correspond with a 'Pommie' 48 year old housewife, spiritual healer, hypnotherapist and vegetarian, I reckon they must be mad! But I'm here! For the lady suffering from HOT FLUSHES, GR 90, cut out alcohol, tea, coffee and dairy produce. Go back to them after a month or two and see how they affect you. It worked for me!

**Mrs Helen McLellan**  
32 Riverside Rd, Upper Tean  
Stoke On Trent, ST10 4EE, ENGLAND.

## Hello To All,

My partner and I will soon be realising our dream of owning some land. We hope to buy in the south-west OTWAYS area, ideally backing onto state forest. We have plans of retreating cleared acreage and planting a large garden. Noel is a carpenter and I am a woolclasser. Presently we live in a rented holiday flat. I also handbuild in clay, making ceramic figures.

I have lots of things I would like comments on. How do I successfully strike native seeds and grass tree seeds? I would like to hear about wind and solar power experiences - cost etc. Can one run off sewage and house water for paddock treatment, then use on garden? Does anyone have recipes for herbal toothpaste, halva, frozen yoghurt, pot pourri, and tried and true recipes for jams, sauces, also fruit bars and sesame bars?

**H McFarlane**  
2/66 Zeally Bay Rd, TORQUAY 3228.

## Dear Grass Roots,

Multi-culturalism is a bit of a buzz slogan in recent times; in fact, Australia has been multi-cultural since the first white settlement, if not before. We are hopeful that GR readers because of their culture of self-sufficiency and earth based philosophy can draw on their historical knowledge and help us in a subject we are researching



Edited by Megg Miller and Mary Horsfall.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

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- namely that MULTI-CULTURALISM IS REFLECTED IN PEOPLES' EATING HABITS. We are seeking recipes passed down from grandmother, great grandmother and so on. We believe that these should be formally recorded as an essential part of Australia's history. In particular, we are chasing recipes used by Hannah MacLurcan of Townsville who, around 1898 provided a menu of jugged wallaby, kangaroo tail soup, beche-de-mer soup, roast scrub turkey, curried green bananas, turtle fins on toast and guavas in syrup. Also, any news on 'restaurant' soup which was popular in Sydney late last century. This soup was invented in Paris, we believe in the sixteenth century. It was a highly spiced chicken broth and was the only meal on offer at a Paris eatery, and gave us the common name of restaurant. No recipe is too insignificant to be considered and we will be grateful for any response. All replies will be acknowledged, both in the first instance, and then, hopefully in print. Certainly, when classification is complete, it will go into Australian archives as a permanent record.

**Geoff Melrose**  
'The Herb Patch', BEECHWOOD 2446.  
Ph: 065-856-307.

## Dear Folks,

Some of you may remember me, others may remember writing. After all these years I'm still struggling away on my farm here in South Ecuador, but at least now I'm reaping the fruits of my labours. As for the vision of a green co-op, we are no closer to accomplishing that goal, but haven't given up. We are presently trying to get the money together to buy a piece of land at the headquarters of the river Chamba that flows through the Sacred Valley of Vilcabamba, Valley of Eternal Spring. The land bounds with the 'Podocarpus' National Park that is the last refuge for unique flora and fauna along this part of the Andes. Every year the fires rage closer to this reserve, despite new laws imposed, but never policed, in a place where chainsaws are new toys and the power of a bribe rules supreme.

We are also in the process of forming an ecological group to solicit funds from a recently available donation from the world bank; project, reserve land for foreign debt.

I do apologise to all who wrote to me and never received a reply. Therefore this is the reply. Any who are intending on travel to these parts, are welcome to visit. I am involved in eco tourism and have a tent to rent and food in return for work on my farm. I take tours on guided excursions into jungle of national park and lakes at top of the mountains, 4-5 hours from my house. Tourism is on the increase and eco is the fashion, however money is still a scarcity.

To all those struggling for the good life out 'in-the-sticks'; keep on with the battle it will pay off in the end. I would like to arrange seed-swap.

**Gavin Moore**  
Correos Vilcabamba  
Via Loja, ECUADOR.

## Dear Grass Roots,

I am looking for information and/or plans for making FUEL ALCOHOL FOR ENGINES from organic sources, but have not yet had any success as I have a few other projects on my plate. GR, Feb 1986 had a letter from Noel McLeod Plaistowe of Mangana and possibly (later) of St Marys. Mr Plaistowe mentioned he had a complete set of working plans for fuel alcohol. I think *Permaculture Two* stated a set of plans was available (for producing fuel alcohol) from the Institute but I don't know the address. If Mr Plaistowe reads this letter (or if any other reader has any knowledge, information or references on this subject), could he please contact me. Come in, Mr Plaistowe, your knowledge is desperately needed.

I am setting up a permaculture here in Barnawatha from scratch, with my wife, on 20 acres of land that has not been touched in over 30 years. We are at the stage of drawing up the topographic map and will be setting aside some acres for a wetlands wild life sanctuary as well as an acre or two for mass production of nonhybrid seeds. Our contributions to sanity. I am working on a methane digester plant which should be able to be made for very little cost from recycled materials. It should be able to power most cooking and heating for a farm. I think a 200-250 gallon digester will produce about 12 cubic feet of bio-gas



# Feedback Link-Up Feedback

of 65-75% methane which is about 3 hours burning time. A larger, or multiple digesters could power more devices and possibly be used to generate electricity. I hope my experiments prove this to be true.

Does anyone have information or experience in building MUD BRICK VAULTS and mud brick domes? We hope to build our house entirely from mud bricks – roof, walls, floors. We lack information about vaults and domes; we know how to build the damned things but we lack data on waterproofing them. We know the University of Melbourne was involved in building a test vault and dome structure in Maryborough, Victoria, a few years ago and that some fairly serious muddies were involved. These people went on to further experiments; sadly without the University protection, and there the trail ends. If anyone has information on vaults/domes or if they have experience in building them, could they please contact us because we think the ability to build a house entirely from mud bricks would be another nail in another coffin. Imagine a whole house (apart from fittings and fixtures) from mud bricks. Cost – zero!

So, things are fairly exciting at the moment in beautiful down-town Barnawatha. Just wait until we unleash our plans for a mud brick television on an unsuspecting world.

**John & Lyla McLaren**  
C/- PO Box 371, BARNAWATHA 3688.

**Dear Grass Roots,**

Hi! My mother put me onto your GR magazine in 1978. It really inspires me to overlook the grey skies of Melbourne and to think of the beautiful weather in Queensland and northern NSW where we intend to head at the end of this year. I'm presently studying Community Development. However, I do so want to live alternatively in a mud brick and post home or a pole frame home depending on availability on moving. My name is Sue and I have three children and a husband Ron who is interested in hydroponics and no-dig gardens, and compost made naturally in the soil. I'd love to hear from like-minded souls with a view of friendship in the new year. Any information will be gratefully received on self-sufficient lifestyle on acreages out of Brisbane up to Mackay, and south to Murwillumbah (any ideas on land to purchase too). Ron will need to work, but I want to be able to begin self-sufficiency next year.

**Sue D'Astol**  
10 Grazier Crt, WERRIBEE 3030.

**Hi Folks,**

We are currently trying to sell our house in NSW. When we do we will be moving to our acres in Queensland, and hopefully settling in for life, but lately we have been pondering on the idea of setting ourselves up on our acres and maybe then taking off AROUND AUSTRALIA for 12 months, something we have always wanted to do. We are two adults in our mid thirties with two children 12 years and 6 years. We would love to hear from anyone with a young family who has attempted such a journey in the past year or so, your experiences good and bad, what sort of vehicles you used, work opportunities and schooling for the children and how much it really cost. Also if you were to do it all over again, what would you change, and the big question, did the children adapt to the travelling or was it whinge, whinge, whinge all the way?

**L & M Conwell**  
14 Findlay Ave, CHAIN VALLEY BAY 2259.

**Dear GR,**

My wife and I have been considering joining a RURAL COMMUNITY for some time and we read the community grassifieds each issue but have found few opportunities in Western Australia. We are 47 and 39 with no kids. We are into organic growing and self-sufficiency because we think it's the only way to go and also, because Sherryn suffers from ME/CFS and has a low tolerance of artificial additives in her diet. We do most of our maintenance with John being the handyman and Sherryn having the ideas! Sherryn spins, knits and makes the majority of our clothes. We freeze our surplus vegies, sell our surplus eggs to friends, get firewood from the free areas surrounding Perth, all in an attempt to lead the lifestyle we want.

We would like to make the shift into the country and wonder how other GR readers have tackled the problem of lack of income. One problem – we have a number of cats and dogs and would be loath

to leave them behind, but realise most communities do not allow pets. The animals are all locked away at night-time (much to their disgust) and we even have to set mouse traps because of the cats' inefficiency! Any information on how communities are set up and/or run from anywhere in Australia would be appreciated, especially from anybody in Western Australia in particular the south west.

**John & Sherryn Wright**  
25 Forrest Rd, FORRESTDALE 6112.

**Dear Grass Roots Readers,**

I am writing to Feedback Link-Up, after buying only my first volume of GR. I was so overcome, I felt I just had to join in. Is there anyone around who has started a LOCAL BARTER SYSTEM? If so I'd love to hear from you on how you went about it. If there is anyone in the Katamatite Region who'd like to join in I'd love to hear from you also. For people who search for prose that uplifts, touches the soul, explores the heart and warms when everything else is cold. I implore you to seek out the author Nanushka, *Thoughts of The People*. I am sure you won't be disappointed.

**Susie Thatcher**  
Beek St, KATAMATITE 3649.

**Dear GR Friends,**

A concerned group made up of young families and some single people have met several times in Brisbane to work out a way in which they can set up an ENVIRONMENTALLY FRIENDLY VILLAGE. The aim is to create a village where they can live in an uplifting and healthy environment. It will in time, offer a haven for others who are like-minded.

It is clear to many that today's society offers little hope for the future for any generation. The group wish to set the village up in such a way it can even act as a role model. The buildings are to be along 'Old World' patterns, incorporating environmentally sound building materials and energy efficiency. Traditional skills are to be encouraged and hopefully a form of self-sufficient economy will develop, which will offer hope for the unemployed. Organic food production is to be developed as well as some small cottage industries. All forms of environmental considerations from energy generation to waste treatment will be a feature of the running of the village. Animal husbandry and woodland management will also play a major role. The village is to be in a rural setting, where the surroundings will help the uplifting way of life and a soothing atmosphere. This will, in turn, lead to healthy leisure activities such as bush walking, horse riding, cycling or even rowing. Unemployed guests may wish to take part in learning useful work and environmental skills to take back with them into greater society to broaden awareness, this therefore gives the village important outreach potential. Others may wish to come to alleviate the stress of modern living, and could stay in cottage or guest house accommodation. Healthy food could be sold and visitors who for health reasons have been put on a health diet, but can't stick to it in 'normal' society, can get serious after an encouraging stay in the village. An Eatery could specialise in health meals.

There is one drawback, the lack of money. To raise funds I've come up with five lovely MINI POSTERS which I've made of some of Australia's most striking traditional homes. These are a limited edition for the purpose of the Village Fund, on quality paper. Each set costs \$35 including postage and packaging. All those who buy two sets or more, or give donations (or donations over and above buying a set of posters) will be given special concession passes to use when visiting the village. These passes will give concessions on accommodation, foods and other privileges. In that way, your purchases and/or gift donation is more like an investment offering a return. I beseech all readers to give this some thought, for without your support this important undertaking will never take off. Our fund target is \$1 million to buy land, equipment, trees, crops and build dwellings. All funds preferably in the form of Postal Orders to the 'Village Fund', PO Box 126, Kilcoy 4515.

**Jerry Verhoeff**  
PO Box 126, KILCOY 4515.

*Jerry has sent us photocopies of some of the posters and we are very impressed with his fine work.*

# Feedback Link-Up Feedback

Dear GR,

I have nearly finished a jumper and have run out of wool. It has been sitting in my cupboard for a year while I try to find more. Maybe one of your readers has a couple of balls tucked away somewhere. I need two 50 g balls of Patons Machinewash 8 ply pure new wool, shade 2318 (a lovely blue), dyelot 3.

Would anyone know the whereabouts of a couple of friends I used to write to? Jenny Watson (nee Jefcoate), originally from NZ, but last living in Melbourne. Husband's name – Graham. And Roslyn Ritcher, may be married to Paul and has a son Patrick. Last address I had was Takapuna NZ.

I am making another attempt to LEARN GERMAN. The problem is that every time I try again I start at the beginning. I did one year at night school, but have forgotten most of it. What I am finding hard to obtain are suitable books to read. Most books assume you have at least second year knowledge. I have tried book stores and libraries. Does anyone out there have some simple kid's books they no longer use and would be willing to pass on?

**Diana Tanner**  
PO Box 1106, MORLEY 6062.

Dear GR Bookworms,

I am interested in buying these books, *Conscious Loving – A Journey To Co-Commitment* and *The Learning To Love Yourself Workbook* both by Gay Hendricks PHD. If anyone has a copy in good order, I am interested in it for a reasonable price. Also I recommend to all responsible feminists, *Opening Our Hearts To Men* by Dr Susan Jeffers – a delightful read, and if you put the techniques into practice, you can heal your relationships.

**K Trudgian**  
24 Crystal Waters Permaculture Village  
MS 16, DALENY 4552.

Dear Grass Roots People and Megg and Gang,

I am one of your city dweller readers. I have a few things to ask. I would like to know how to run a COMMUNAL ORGANIC PLANTATION on a patch of fertile soil alongside the house and how to motivate the generally unmotivated people in this area. Any assistance or tips would be appreciated.

I would also like to know where in the Melbourne area one can obtain environmentally friendly (and not tested on animals) hair care, body care, acne cream, faces washes and non-irritating pimple creams. They also have to be reasonably priced.

I am also trying to find old school friends, TANYA WHITNEY (who went to Sydney this year), TIM BRENNAN, MICHELLE ELLIS, and CHRISTINE DEMEZIERES. All of them except one attended St John's Regional College with me.

**Mauricio Munoc**  
107 Denham St, HAWTHORN 3122.

Dear Readers,

I was going back through a few GRs and was disappointed when I read the letter from Myfawny King (GR 89). She was asking about TANNING POSSUM SKINS. It's illegal to kill possums. The only ones who are allowed to do so are Aboriginal people because it's still part of their 'tucka'.

J.R. and D Brennan, re cod-liver oil – try a health food shop.

Mrs Karen Long, re SPARROWS in your roof – either put a few cats up in there, or a carpet snake does the job very well. You can keep it around the house for mouse problems or in your sheds for mice; feed him meat, rolled oats, snails, worms, fish, fruit and bread. They can be trained not to touch your cats, dogs, poultry. You won't need to put up the mesh in your roof.

Dan of Evandale, re SAUNA, try coal to heat your sauna or charcoal. When you get it rigged don't forget to have a cold shower or cold pool you can go and dunk yourself in and a resting area outside the sauna. Give me an invitation when you have it set up.

I am trying to find a HERBAL COLLEGE which the government recognises so I can do a herbal professional course and get my certificates. It has to be government recognised so I can get an 'Austudy' grant.

Does anyone know the whereabouts of Elisa Braddock, somewhere in north Queensland? She's an ex-Pommie lady, retired. We used to work together in West Germany (1969-1973).

**Miss R J Parkins**  
'Jindarra Springs', Limestonecaves Rd, ASHFORD 2361.  
Dear GR,

Enclosed is some information that I have obtained from the SA Coeliac Society which may be of interest to readers. Some readers may be in an isolated situation where a member of the family has some of the symptoms of this problem. COELIAC DISEASE is always a consideration but is little known. We had no knowledge of the problem until our son deteriorated to such a stage as to require hospitalisation.

Also known as gluten enteropathy, coeliac disease (pronounced see-lea-ak) is a condition in which the body reacts abnormally to gluten. Gluten is toxic to a person with coeliac disease and results in a 'flattening' of the lining of the small intestine, and a decrease in the surface area for the absorption of the nutrients from food. It can affect both children and adults, but in children is more commonly apparent during the first two years of life, in particular, at a time when solids are first introduced to the diet. Symptoms can include weight loss, diarrhoea, lethargy, abdominal fullness and discomfort with pain or vomiting. An adult may lose weight and a child fail to thrive. In adults the symptoms may take many forms. The only treatment is a lifelong diet with meticulous removal of foods containing gluten. Reintroduction of gluten in coeliacs will cause a relapse. Children placed on the diet generally revert to normal growth, while adults can expect to return to normal health.

Most states have self-help groups in the city centres that meet regularly and provide information to new members. Please contact your state branch through the telephone directory service.

**Phil Kermode**  
19 Ian St, BROADVIEW 5083.

Dear Grass Roots People,

This letter is to give encouragement to MATURE-AGERS teetering on the brink of opting for the alternative lifestyle. We did it in our fifties and 10 years down the track have no regrets. We have an extended family situation with our daughter and her family and they too would not have it any other way. We each have our own home on the 40 acres, but the children are convinced they have two homes.

Our plans when we first came here – to grow our own food, have lots of animals, and begin a couple of little businesses – raised guffaws from our urban friends and country neighbours alike, but nobody is laughing now except us. We gave ourselves five years to make the businesses pay; in two years both were in the black and are still keeping us busy and solvent. We eat our own new laid eggs, fruit and vegies free of poisons and grubs. Our souls feast on the trees and flowers and the glorious views all around. We hand-feed the birds on the verandah rails and nearly fall over wallabies who come to nibble on the odd pink flower. They love pink! The children trek through the natural bush and play in their own private creek. They instantly treat their own scrapes, bites and bruises with an aloe vera leaf from the garden. Though I knew nothing about herbs I soon learned and won the prize for the best herb garden in the Shire.

But a word of warning. Do your homework before making a move. And you must have some income or your standard of living will drop alarmingly. Nasty, vulgar things like rates, power, phone, gas, fruit trees, petrol, parts for machinery, maintenance on the car, vet's bills etc have to be paid for with hard cash. The barter system is alive and well, but only up to a point. It takes a lot of hard work. There is more to country life than listening to the birds and watching the sunset. You don't just pick the vegies – you have to plant, protect and nurture them. You don't just eat the fruit – you have to cope with the glut!

Is it worth it? It sure is! We have the best of both worlds. Close to nature but close enough to see the shows and exhibitions and all the other wonders the city has to offer. If you would like to chat, ask questions, or feel you may be a kindred spirit please write.

**Beth Warren**  
Lot 1, Woodrow Rd, WOODFORD 4514.



# Feedback Link-Up Feedback

Hi to all GR Folk,

We are wondering if anyone out there can help. Our property is 100 acres and in part of this, approximately 10 acres, we are planting COW PEAS. Is there any known organic method to inoculate the peas or is it best to plant them 'el naturale'?

**E & E Felder**

**Lot 2, Bucketts Way, ALLWORTH 2425.**

Dear GR,

My dad has recently bought a lathe and has promised to make me a SPINNING WHEEL if I can get him the plans. Would there be anyone out there who has or knows of where I can obtain them? I would be grateful of any information.

**P & J Fitzgerald**

**Flat 3/159 Queen St, COLAC 3250.**

Dear GR People,

Please note our new abode below, and send out the word to any GR people in the area, particularly young mums (I'm expecting number 3 mid September) to drop me a call.

Anyone interested in home-delivered organic, bio-dynamic and environment friendly groceries contact me (metro deliveries) as I've just discovered such a company.

**Wendy Brentnall**

**43 Pyalong Avenue, ROSANNA 3084.**

**Ph: 03-457-1148.**

Dear GR,

I would like to contact anyone in or around the MT PERRY AREA. I am thinking of moving there and would like to know more about the place and its people.

**Nicole Riley**

**C/- PO, BURRUM HEADS 4659.**

Dear Grass Roots Readers,

I would be most interested in receiving any tips on COMPOSTING for a horticultural assignment I am doing. There must be practical know-how readers have gained from first-hand trial and error. Also of interest would be descriptions of unusual composting practices from around the world.

**Anne Bradbury**

**Box 1216, BURNIE 7320.**

Dear GR Readers,

We are a family on the move. We have been on the road since September 91 from Mandurah Western Australia. We are on a working search, as being in the one place we weren't able to find much employment and took the chance of moving around looking for employment and a piece of land (acreage) to have a go with. We haven't had much success in finding a piece of land. We were hoping that maybe one of your GR readers may have some land with or without accommodation (we are in a 24 ft caravan) that they may want to be caretaken (option to buy), or even anyone who needs two decent adults and family to help on farm (work). We all pull our weight and don't bludge on anyone.

**Mr & Mrs Clamp**

**C/- Cairns PO, CAIRNS 4870.**

Dear GR Folk,

I am writing in the hope that somebody may be able to help. I need to be closer to my children as I am living nine hours driving distance from them. They live at PORT MACQUARIE. What I am asking for is accommodation with part or full-time work. I am an honest hard working person with good Christian beliefs. Money is of no great importance to me, I just want to be closer to my children. Within a two hour radius would be ideal, but at the moment I would consider anything. I have been trying to live out of my car and with the help of good friends have had the opportunity to see my children. But at this stage it looks like I will have to go back to Cumnock, my home town. All letters will be appreciated and answered.

**Godfrey Austin**

**Obley St, CUMNOCK 2867.**

**Ph: 063-677-350.**

Dear Megg & Mary,

I've just dug an old GR (No 53) out of the bookcase, and rediscovered an article on FOLK FLOWER TONICS, which I had

marked for further investigation at the time, but had since forgotten. I find this even more interesting and applicable now, and would like to follow it up. A note at the end of the article offers a booklet on the subject from Roy Love of Kuraby. Does anyone know whether Mr Love is still around, or if perhaps this booklet might be available elsewhere if he is not?

May I offer the following advice given to me by an Indian female naturopath? Women should eat plenty of TURMERIC, preferably fresh (it looks like ginger). Grated in stir-fry vegies, or used to flavour curries and other Asian dishes, it prevents breast cancer. We grow and sell turmeric (and ginger), and have seen it used as an antiseptic skin application too, when it healed tropical ulcers. We use ginger for travel sickness and upset tummies (but not if you have an ulcer!).

Any ideas for packaging wet produce (watercress)? We use recycled plastic bags, but would prefer not to. We wrap small bunches in greaseproof paper, but this doesn't work for bigger quantities.

**Carmel Pacey Digley**

**MS 1575, MALANDA 4885.**

Dear GRs,

Someone asked about SULPHUR AND TREACLE. It is one part sulphur to three treacle. Take one good teaspoon each morning through autumn and winter months.

Does anyone have a simple recipe for GOATS MILK SOAP?

**Betty Drummon**

**PO Box 283, ROMA 4455.**

Hello GR,

Thank you for being there, on the shelf of the local store, in the bustling metropolis of Geraldine (south Canterbury NZ). I only discovered you two issues ago and a lot of distant memories were revived, also an interest in (some) human beings was rekindled.

Many years ago (15 or 18), I was a partner in a shop selling hand crafted shoes, boots, jewellery clothes etc and a magazine called *Mushroom*. Whatever happened to that publication? Does anyone know? It was NZ's version of GR.

For the past three years I've been a virtual hermit, thought I'd have a sojourn away from people, with the aim of giving my brain a chance to unscramble. The poor old grey matter had become the home of chaos during a few hectic years of city life I'd enforced upon it. Although at first, the shock of no phone, no washing machine, no vacuum cleaner, no electric range, no people and sometimes no running water or electricity almost had me zooming back to civilisation, I'm glad I stayed. I'd chosen this sort of life before, but always with a partner; this time it's been just moi and the animals. I've learnt a lot about many things, but most of all about myself. Which brings me to my third reason for writing - the poem in GR (No 91), *It's only a Dog* by Dennis Bone. Thank you Dennis, you are a Kindred Spirit, I really don't feel so alone in my philosophy of life anymore.

**The Hermit (Ms)**

**NEW ZEALAND.**

Dear GR Readers,

Congratulations to R A Williams (GR No 91) on his white ant elimination system. Is there any reason why this should not become normal building practice? My only suggestion is that 12 mm polypipe, either punched or with drippers attached, could be used. A grid of lines could be easily made, using push together T and X junctions. Len Farrugia's (GR 92) paved floors also seem to be a great idea.

On another front, a friend of mine has had trouble keeping marauding chooks from scratching out newly planted trees in a windbreak round his home orchard. We have found that the TREES CAN BE PROTECTED by putting a 50 cm square of weed mat around each seedling and putting an old car tyre over this to weigh it down. This also helps stop the rampant kikuyu grass which grows on his rich basalt derived soil from choking out the seedlings. We've mulched around the fruit trees with woodchips, and covered this with old wire netting pegged to the ground to keep the chooks from scratching it away. To stop collar rot, we've put blue metal rather than chip immediately around the trunks. This system is working well.

**David Gibson**

**23 Wyoming Av, BURRILL LAKE 2539.**

# Feedback Link-Up Feedback

## Hello and G'Day to You All,

What I am writing about is would anybody know about a tree called a LEMONADE TREE, where could I get one, and whether they grow well in the cooler climate of south Victoria?

Lastly I would like to take the kids yabbing, but the farmers I have asked have had enough of people leaving a mess around the dam, so if any readers in the Geelong area would allow us into a dam I would be very appreciative and you would never know we had been there except for a few footprints and a few less yabbies.

**Wayne Medley**

20 Lumeah St, NORLANE 3214.

Ph: 052-721-061.

## Dear GRs

We live in a flat in Sydney with panoramic views of the city, heaps of sun but alas, no garden. We do however, have window boxes and we would very much appreciate any advice on which herbs, vegies and flowers do well in fairly windy, very sunny positions. We are also seeking a method of CLEANING SUEDE as we have several second-hand suede jackets desperately in need of a good clean.

**Modesty & Willie**

19/51 Bellevue Rd, BELLEVUE HILL 2023.

## Dear Grass Rooters,

Our dream is finally happening; we are moving onto 10 acres in Jimboomba Queensland as soon as our house is finished. If any reader in that area would like to contact us please feel free to. I'm hoping to start a 'perennial' vegie garden with all vegies that last longer than one crop. If anyone would like to send seeds it would be most appreciated, I will gladly pay postage. Also I'm really looking for some POTATO ONIONS to start my own crop. I will pick these up if I don't have far to travel, otherwise will pay postage.

**Rick Warwick**

71 Somerset St, WINDSOR 4030.

## Dear GR Readers,

In answer to Neil and Ella's letter (GR 92) asking if being in the late 50s is TOO LATE TO MOVE, build and enjoy an alternative lifestyle, I'd like to say it's definitely not too late – providing you both want to move, are both in reasonably good health, have a positive and optimistic attitude, and money is not a worry.

We, (husband and I) made the move two years ago (in our mid 50s) and thoroughly recommend others doing the same (if that's what they want). Although one must expect setbacks and delays with building, the advantage of being older is that one is not tied to daily schedules which younger people with children need to consider. However, the restrictions and enforced closeness can either make or break a marriage/relationship, so it is necessary to compromise.

If you don't want the hassle of building, we recommend using a kit home and either subcontracting or doing almost everything yourself, which is what we did, and although it takes longer the sense of satisfaction and achievement more than makes up for the delay.

One can't turn back the clock, so why spend the rest of your life regretting lost opportunities. Starting a new lifestyle (no matter what age, assuming health is good) keeps one young both physically and mentally, and you make new friends, as well as keeping old ones, as they can visit or write. So I'd say 'go for it', as it's now or never.

**R & J**

NAROOMA 2546.

## Dear GR Readers,

Especially those in the Dungog area of NSW. We are considering taking the plunge! Abandoning city life and purchasing a small property (around 10 acres) in the country. On a recent trip we fell in love with the BARRINGTON TOPS area, especially the valleys around the Chichester Dam, however we know little about the area. Could anyone who lives in this area offer information please, e.g. climate, soil, what grows well, hazards to avoid, etc. If anyone has a property available in the area, we would love to hear from them too. We have no children, so don't need anything too big. Any tips from any city slickers who have taken the plunge also appreciated.

**Cheryl & Stephen Dooley**

3/35 McDonald St, HARBORD 2096.

## Dear Megg,

Jessie Ward (GR 90) requested information on the formulation of BRIMSTONE AND TREACLE and others might be interested. The dose of sulphur is 4 to 12 grams or 1 to 3 teaspoonsful. The amount of treacle is not critical – it's only there because the sulphur would be too hard to swallow if it wasn't. However, it should be realised that this mixture is not an ancient health secret, it is an institutionalised form of child abuse. Inside the body some of the sulphur is converted into hydrogen sulphide, a poisonous and foul smelling gas which irritates the bowel lining. The action of this substance on the body was called 'purification of the blood' in the days when 'purification of the blood' meant 'emptying of the bowels'. If it has any effect on the blood at all, it would be to reduce the amount of oxygen which the blood could carry, though probably not to an extent that would matter. Eating sulphur makes you a smelly person, and probably blows holes in the ozone layer. I wouldn't bother with it if I were you.

**Barrie Mather**

Mirboo North Rd, BOOLARRA 3870.

## Dear GR Readers,

My wife and I have sold up in Sydney and have been travelling Australia, including five weeks in New Zealand, since December 1991. Now we are ready to put down roots and have decided on NEW ZEALAND. Before buying a few acres there, we would like to gain some first-hand knowledge on an organic farm. Would any NZ readers be in the position to offer us an opportunity to gain the knowledge we need to commence our new lifestyle? We are hard, enthusiastic workers and open to any suggestions. We expect to be in New Zealand soon AFTER NEW YEAR 1993.

**Bill & Rachel Henderson**

C/- R J Fox

PO Box 20, JANNALI 2226.

## Dear Megg & Co,

It is with great difficulty that I must swallow this piece of humble pie and say, I was wrong! Please add my name to the list of people fooled by the so-called sincere 'prison penfriend'. To anyone I may have offended with my previous letter which stated what a gem 'my guy' was, take comfort in the fact that I received my comeuppance good and proper. I am still optimistic enough to hope that not all guys 'inside' are total slugs, but I will never write to any again. However, if anyone considers contemplating having a prisoner as a penfriend, beware on all levels!

**Wounded but Wiser**

Northern NSW.

## Hello GRs,

Having read recently of the possible dangerous path of the CONTACT COLUMN I would like to share some of the funny contacts I have made through GR. I have met some really nice people but a few were .... After 53 years my intellect has sharpened, but possibly my sociability has declined. One lady would stay if I put my property in joint names. Another said I was a male chauvinist pig and made her sick to her stomach. On reviewing her letter it seems that I should have said I was developing a bird sanctuary rather than a bird's paradise. One lady likes my body but wants to switch the head. I guess what I'm trying to suggest is that contact columns are just that – contacts – and apart from common decency, there should be no obligations to meet someone in reply to a letter.

On another note if you have MARGINAL SOIL, I found that putting 150 mm holes in the ground with a crowbar and filling with chicken manure has had great results.

**Les Lolli**

WT 291, Martyn Rd, BAUPLE 4650.

Ph: 071-292-443.

## Dear Readers,

I am writing a series of essays on JALEOUSY (sic), its destructive effect and the best way of coping with it, and I would welcome any contributions. If you wish to participate, please write to: Georgette Claire, C/- GPO, Ryrie St, Geelong 3220 and say if you want your letter acknowledged or answered. It will be my pleasure to do so.

**Georgette Claire.**



# Feedback Link-Up Feedback

## Dear Megg & Mary,

For many years I have enjoyed reading GR. You could say I was a believer when it wasn't even popular to be green. My dream (even before they acted like angels to both my dear parents, when they were dying) was to turn my rather weird and wonderful house into a guest house for short stays for the BLUE NURSES. It is a house full of colour and light and it is almost impossible not to be happy here. I could have about 8-10 guests at any one time. My dining table only has 10 chairs, just a nice number to sit down to a good meal. At my age and three strokes later, I am no longer able to cook and care and spoil guests full time. I have tried advertising locally, for a couple, or even one good cook, or two good friends that might feel the same way as I do about the Blue Nurses – no one yet. My parent's granny flat has a walled garden with roses next to the bedroom. There would be a small rent, just enough to cover expenses and their own pensions, enlarged by any meals they could cook for the nurses.

We also have several row boats for their use and two vegie plots. It would help if they were keen gardeners and liked fishing and crabbing. My house is right on the water with a magnificent view. I have the blessing of both the Archbishop and the secretary of the BN Service, also our local council, to go ahead.

Una More  
DONNYBROOK 4510.

## Dear Grass Root Readers,

Can anyone supply information on making, laying etc of MUD BRICKS, including types of soil which can be used to make them? Any information will be greatly appreciated.

Norma & Fred Rowland  
Moorilda St, NEVILLE 2799.

## Dear People,

I am writing to offer someone the OPPORTUNITY to live with us on a 30 acre bush block in the Hunter Valley. I'm a 44 year old carpenter-welder-environmentalist-masseur. I share the place with a 41 year old lady naturopath who teaches yoga and stress management. We share a solar powered, part-built house with minimal facilities, but lots of quiet, trees and wildlife, only 22 kilometres from Cessnock, Maitland and Singleton. It's a marginal bit of land which needs lots of work to provide some measure of self-sufficiency. Basically, I need a hand round the place, building, fencing and gardening for a few hours a week. In exchange for this, we offer a house to share, good company, perhaps some skills to learn and your own caravan to retire to. There is also the possibility of some paid work on other projects that I do for a living. The person would probably be a sharing, nonsmoking, vegetarian and perhaps a meditator. None of these things are essential but they give you an idea of our inclinations.

Also, we would be interested to hear from anyone in this area interested in participating in a LETS scheme, or interested in swapping labour. Please feel free to phone or write for more information.

Denis Rothwell  
Littlewood Rd, NORTH ROTHBURY 2335.  
Ph: 049-382-036, 049-343-455.

## Dear GR Friends,

In September/October our family is planning to begin our travels around Eastern and South Australia. As we pass by we would like to look at different types of organic farms and nurseries. We are a very quiet living nondrinking/smoking family with three children. Also my husband is a computer consultant so if anyone would like help with their computer let us know as we may be able to help out.

Margaret Sabet  
PO Box 923, LEETON 2705. Ph: 069-556-307.

*Sorry Margaret, your letter arrived too late for inclusion in our last magazine. Perhaps your letter will still get some response from readers if your mail is being forwarded.*

## Dear GR People,

When the going gets tough the tough get going. So too do the conniving, scheming, shysters who operate on the assumption that there are people who believe in Santa Claus and the Tooth Fairy, free lunches, and that money grows on trees.

Shortly after publication of GR 93 I received a most unwelcome epistle – a CHAIN LETTER with a monetary component – from a Townsville GR reader with a PO Box address. Earlier in October I received a similar letter from a NSW postal address. It is not an offence under the Postal Act nor the Commonwealth Crimes Act to send chain letters through the post. However, it is an offence under the Consumer Protection Act in each state to participate in such a scheme which touts for money, as in these two cases. The simple solution for anyone receiving such a letter is to throw it in the fire, but for some people that is easier said than done. There are those people who are gullible, naive, superstitious, poor, and there are some who are dishonest and greedy. Whatever the reason, many people who can ill-afford to gamble away a week's pension (or dole, or savings) are sucked into these schemes and perpetuate the problem by involving others.

Fortunately, those letters lobbed on the desk of a retired audit clerk whose philosophy is that irrespective of whether people are incompetent, negligent, or fraudulent, the result is the same – someone else is disadvantaged. I did not throw the letters away, instead I spent a morning on the telephone and the typewriter, and took every step I know to put a stop to this illegal and unacceptable practice. I suggest that every other GR reader does whatever they can to prevent other people being involved in this socially destructive scheme.

P Ferguson  
COALCLIFF 2508.

## Dear Grass Roots,

I notice that many people are at a loss as to who to contact when requiring solutions to their problems. I am not saying that I have all the answers, but I am sure I can help. Being 50 years old, a career horticulturist (diploma in Horticulture), experienced in all facets of building and having a smattering of general knowledge. I am willing to help if anyone writes to me, including a self addressed stamped envelope. I will answer all letters as best I can.

For all those who require BOOKS ON ORGANICS, gardening etc. I can obtain these at a reasonable cost. Please outline the requirements concerning the actual interest, e.g. herbs, general organics etc with a little background, then I will know the extent of information you may require. For all those starting out, put a soil test high on your budget. This test can save you weeks of heartbreak. The test will cost around \$150 for a comprehensive analysis, with a report and a programme for nutrient requirements. The test is not biased to any fertiliser company; it can be used with your own choice of fertiliser.

R. Stratemeyer, one way to sterilise the MUSHROOM COMPOST is to lay out a length of black plastic sheeting, spread the compost at a depth of 50 mm, cover with another sheet of black plastic, leave it in the full sun for at least 24 hours. The heat from the sun will heat the compost above the 140° required to kill most harmful pathogens. If the compost has dried out, wet with water that has been boiled from a pure source (town water usually has chlorine contamination). Make sure the container you use has been disinfected (use boiling water) before putting the compost in place.

Mr Phil Reed, I note your concern. I have found that there is an alternative fuel available now, renewable and nonpolluting. Well, not available to the gullible public. Corporate pressure has put it as a pipedream. It is being evaluated and it looks like it will be available in the far future. The main argument against it is cost. Fossil fuels don't include the cost of the damage that pollution is causing. If this cost was built in then this alternative would be cheaper.

Clive and Margo Lloyd, my father-in-law had the same problem. He made the washing machine a permanent fixture, removed the electric motor, placed a small petrol motor outside the laundry, making sure the gearing was the same (RPM must be the same) by using a smaller or larger pulley, the use of an industrial 'V' belt. It lasted 20 years. You may have to remove or cut a hole in the machine itself to fit the belt, make a belt guard for safety. The wringer should be mechanically operated, otherwise you will need a hand-operated one.

Finally, do you know that burning leaves from the Queensland Sandalwood tree (*Santalum lanceolatum*), repels mosquitoes?

Ted Menere  
PO Box 37, BOOROWA 2586.

# Feedback Link-Up Feedback

Dear GR,

Thank you to all the people who took the time to write for recipes and in helping me with my goanna problem. Colin Franklin, I am a volunteer with the Gympie NPWS and I have asked them for help which they gave to the best of their ability. All NATIVE ANIMALS including snakes, native rats, native cats, lizards, turtles etc are protected and people don't seem to be aware of this. If anyone has a problem with any native animal they must contact their nearest NPW office for advice. Here on the SE coast of Queensland we have a large network of people who man the phones for after hours help and care givers that help injured or orphaned native animals. All hold permits from the National Parks to do so.

Geoff Phillip, re your Gecko problem: Geckos eat termites and insects. They won't harm you. They do make a mess with their droppings, but you can always make another cup of tea, wash your bed clothes and shoulder. Just pick them up behind the head and take them outside if they worry you, but don't kill them, they are protected.

G & S Carlos

MS 591, Tagigan Rd, WOLVI 4570.

Dear GR,

I too, recently came across your magazine by chance, whilst seeking out information in a local library. It was quite a revelation to find a whole community of people out there striving for a better lifestyle.

We immigrated from England only recently. My husband had a job in Brisbane; he is an auto electrician by trade. Unfortunately, soon after I joined him, having remained in England to sort out house sale etc; he was retrenched. That left us high and dry. Both in our 40s we felt desperately disappointed after enduring the 18 months of immigration procedure to come here. It was then that something we had spoken of many times, but not considered seriously, came to the fore. Why not look at an alternative lifestyle? We are both basically 'townies', but I have a passionate interest in gardening, healthy living and the environment. My husband is very practical, innovative and loves the outdoor life. We jumped in with both feet and became victims of a real estate agent, less than honest vendors and most of all our own naivety. We went ahead and purchased 100 acres with a house of sorts. There is no doubt that had we read GR sooner, we would have known better what to look for.

However, after 4 months we have overcome some of the teething problems and the cultural shock. Neighbours have rallied round and been very supportive. My husband quickly had to learn all about bores and pumps. We are now salvaging some of the old water tanks and relining them to increase our rain water storage. I have established a small organic vegie garden which has been hugely successful and is already yielding more vegies than we can eat. However, the excess is useful for bartering or supplementing the chook feed.

What we would like to do is grow some crops on a commercial scale. Now armed with soil and water tests, local information and knowledge, we are seriously looking at GROWING GARLIC. We would be most grateful to any GR readers for advice on getting this started. Pitfalls, marketing, strains to grow? Also are there any organic farms not too far from here (nearest large town Maryborough) which run any horticulture courses? Also what else could we consider growing? Who could best advise us?

At present my husband is promoting his auto electrical skills. For many years we provided a service for farmers around our home town repairing and maintaining farm vehicles and equipment. He hopes to do the same here until we get on our feet. He also has restoring the house under way. We are a bit short of material and would be pleased to do some bartering for old doors and VJ boarding. I think your magazine will be a source of inspiration and benefit for all the practical ideas and information. Still experiencing bouts of homesickness, any letters would be most welcome. Despite finding out to our cost how not to embark on such a venture, we can already appreciate the benefits of fresh air, peace and tranquility, and be encouraged by seeing what others have achieved.

Janet Bradley

MS 650, Via BIGGENDEN 4621.

Dear GRs,

I am writing on behalf of my mother – a GR reader and wise person.

Her latest recession tip: Instead of buying WRAPPING PAPER for gifts, buy a fabric remnant and wrap your gift in this. The remnant can be bought at below half the wrapping paper cost. It can be selected to suit the person – child, male or female. If the recipient is not handy with a machine, the material may serve as a duster, tablecloth, tea towel or rag. My family is finding as much pleasure in our gift wrap, as in our gift.

Mrs P Jamieson

1080 Great Eastern Hwy, GLEN FORREST 6071.

Dear GR Readers,

We have recently moved to a few acres in a prime fine wool growing area on the southern tablelands of NSW and I have just had my first experience at RAISING PODDY LAMBS which has been, I'm afraid, very unsuccessful. We started out with four lambs, all deserted or orphaned, for various reasons and, as I write, I have only one lamb left. I have been using the feeding chart, reprinted in GR 85 and have found its advice invaluable, but I find I need more help. I have lived in the city all my life and have never had any experience at this and could really do with some advice from anyone who has tried it. The things I want to know are: the types and strengths of feed people use (I have been using Venavit, 100 g to 1 litre), the length of time people kept the lambs inside (our lambs are born in winter and it is very cold), where they put them when they put them outside, when they returned them to the flock, whether they gave them any other supplements etc. I think the thing that has killed my lambs has been diarrhoea. They have all developed this (yellow in colour) and then died a few days later. Is there anything I can do to either prevent or cure this from happening again? Any experiences would be wonderful!

We love living here and have had no trouble settling into our life with our 3 kids aged 5, 4 and 2, all of whom have been so much happier and healthier since our move earlier this year. We have gained a lot from the various letters and articles in GR over the few years we have been reading it and indeed, our decision to finally take the plunge and move from Sydney to the country was helped along by a letter to Feedback from a guy exhorting everyone not to wait for 'the right time' but to do it now – advice I heartily pass on to everyone else.

One other thing I was wondering if anyone could help us with is this. We only have 6000 gallons of fresh water storage, which around here is nowhere near enough. We've been thinking of having a 25,000 gallon concrete tank put in, but the cost is such that it would be many years before we could ever afford it. Fortunately I'm very lucky to live with a guy who can do just about anything he puts his hand to and we've been thinking recently of building our own rainwater tank. I would love to hear from anyone who has tried this or has had any experiences that might help.

Sharon

PO Box 637, PENNANT HILLS 2120.

Dear Grass Roots,

We are some of your KIWI READERS, who have been prompted to write because of a letter in GR 91. We are a family of 6, although our eldest two children board in town (50 km away) and attend high school. We have a block of 115 acres, mainly hill, but with some swampy flats that tend to flood 3 or 4 times a year. Briefly we believe the 'system' is steadily falling apart and the planet cannot continue to support man's (and I use that word deliberately) stupidity for much longer. Hence we have purchased this piece of land and are trying to do our bit to create a practical working model of some of the technology and systems that will allow people to continue to populate this planet.

We grow the majority of our own vegetables, are planting a large orchard, butcher our own meat. We store all our surplus by bottling, freezing or dehydrating. Liz does all our own breadmaking and baking. When we have a cow in milk, we make all our own butter, soft cheese and yoghurt. All our cooking is done on a wood range, that has a wetback connected to the hot water cylinder. Our water is gravity-fed, so no pumping costs.

We are not into any particular philosophy, but from what we have read and been told, both permaculture and biodynamics appeal. If anybody would care to write and share ideas or experiences I will



# Feedback Link-Up Feedback

endeavour to reply and if you're travelling through this part of NZ and would like a 'cuppa' or somewhere to stop please feel free.

**Rex Dagger**

**Arnold Rd, RD 25, STRATFORD NZ.**

**Dear GR Readers,**

I'm looking to buy one of those GLASS BUTTER CHURNS. They look like a large preserving jar with an eggbeater shoved down the middle of the lid. If anyone has one lying around idle or knows of where I could get hold of one it would be much appreciated. A pair of Scotch hands would be much appreciated too!

**Rebekka Hancock**

**771 Beranghi Rd, CRESCENT HEAD 2440.**

**Hello GR Folk,**

Unfortunately, in quite a few places on planet earth we have horrid suffering. In communist countries thousands of people who believe in the Master's divine command, 'love one another', are persecuted. This means to be arrested, often brutally, beaten, tortured, disfigured, and for many even murdered. Children are removed from their family. All are encouraged to betray each other. It is a crime to give assistance to arrested people's families – hard labour and many years of it, is the light sentence for the criminal activities of loving our Creator and expressing love for everyone on this planet. In Islamic countries the treatment of Christians is worse than that in the communist countries.

There are a couple of ways to help would-be-grass-rooters overseas: Write to Voice of the Martyrs, PO Box 598, Penrith 2751. (Australia). Open Doors with Brother Andrew, PO Box 53, Seaforth 2092. Ask how you can help. Pray for the persecuted and for the persecutors. Ask Jesus to show you what to do.

Remember, the persecuted are not greedy Bible bashers. They must choose between pure faith and their persecution. Not a light decision. The wheat is sorted from the chaff. If you find yourself watching silly things on the television, or doing nothing in general, do one or all of these things and then some more. None of these are burdensome or painful to us and yet by going so we can unite with the saints and give from the abundance of our blessed lives.

**Guy Davidson**

**RMB 791, HAREWOOD 6333.**

**Dear Megg and Readers,**

I have been an avid reader of GR for many years now and I thoroughly agree with the magazine's philosophy and views openly expressed. Could I please take this opportunity to indulge my concern at present? It is in response to WIDE AWAKE of NSW (GR 90).

I am 37 years old and I am presently incarcerated at Lotus Glen Correctional Centre, serving six and half years for armed robbery. For the greater part of my life I have been a heroin addict and I have been termed a recidivist. This has come about by my need to engage in criminal activity to support my heroin addiction. Now I realise that some readers may inevitably be assuming like 'Wide Awake', that criminals are always very manipulative, crying 'poor me', full of self-pity and conniving ways. How can anyone, trust people who are in prison, or, being as I am, a recidivist?

I wholeheartedly agree. There are some individuals exactly like that within the system. There are some who will never change their beliefs and attitudes concerning incarceration. But there are some of us who are willing to go to any lengths towards our rehabilitation and the various ways in which it can be achieved. It has taken me 17 years to realise that I'm basically a good person who chose to go about my dis-ease with society in a different manner. Hence, I ran against society's standards, judicial system, and generally treated anyone and everyone with contempt. It has taken me 37 years to realise I am responsible for my own life and I now have to take my power back from those I chose to blame and hold responsible for how I was reacting to society.

With the support from our present correctional system and management at this centre, there are now a vast majority of us that are dealing with our beliefs and attitudes in a more positive manner. Through many and varied programmes introduced by caring and knowledgeable people, we are establishing a sound and basic platform for our rehabilitation and subsequent release into the outside society. As you are no doubt aware a lot of us have only the best intentions upon our release. However, please remember what we're dealing with

upon our releases, as well as what we are now experiencing. We are not only dealing with our in-built beliefs and attitudes, which we all have, but we're also confronted by a lot of negativity and influx trying to re-affirm those thoughts we did have about ourselves. Isn't it time that not only those of us that are incarcerated, but also people out there in society took responsibility for their own beliefs and actions? Or, do we still stay stuck in the quagmire of believing everyone and everything else is to blame but ourselves? Where's the individual growth we are all pertaining to have? We all at some time have found ourselves in situations where we'd rather not be. However, who was ultimately to blame for the situation in most cases? I think you'll find the answer is ourselves! We put ourselves into those situations of dis-ease. We gave away our power of choice to others. It's ever so easy to lay the blame elsewhere, isn't it?

**Allan Thomas Owen**

**PMB No 1, MAREEBA 4880.**

**Dear GR Readers,**

I am writing in the hope that someone out there might be able to help my fiancé and I. We have 179 acres on the west coast, South Island, NZ. As we have an abundance of water, small streams and a large river we are interested in HYDRO-POWER. We have done quite a bit of research into Pelton wheels etc, but if anyone has any first-hand experience we would be delighted to hear from you. Would also be keen to get in touch with any GR readers in our area.

**Wendy Marfell**

**C/- E J Greenwood, 13 Lee St  
Southbridge, CANTERBURY NZ.**

**Dear People,**

My wife Carol and I and our son Max, are thinking of moving up to the mid north coast town of PORT MACQUARIE. We would appreciate information concerning communes, etc, all letters answered. Any cheap rentals considered.

**Mark Raymond Mclean**

**5 Cowie St, MAYFIELD 2304.**

**Dear GR,**

I was so enamoured of a programme on SBS TV, 'THE MAN WHO PLANTED TREES' that I obtained the book of the same name by Jean Giono (translation by Jean Roberts, illustrations by Frederic Back). The story starts in 1913 when the author was on a walking tour through a high, desolate region of the Alps – the part that was Julius Caesar's ancient Roman province and is still called Provence. The countryside was arid and denuded of trees by years of charcoal burning and the few villages were deserted, there being no water. He meets a shepherd who gives him water, food and shelter. The shepherd is a quiet man, at peace with himself and has an important mission – he plants acorns and has planted thousands! The author returns regularly to Provence on walking tours, only interrupted by the two world wars. After each war, he notices the region has burgeoned, apparently miraculously. Forests of oak, beech and birch are now growing strong, high and healthy; the grass is rich and wildflowers are everywhere. The dry streams are filling and new springs are feeding shimmering water meadows. The shepherd is 87 when the author sees him for the last time, but he goes on planting trees because he has always believed that if we plant trees we can save the depleted countryside and revive natural growth. The land is now productive, villages are again lived in, and all this was achieved by the belief and work of one man. The shepherd's name was Elzéar Bouffier and the author says that he died peacefully at 89, in a hospice not far from the trees he planted. Who says we can't change the world for the better?

**P Ferguson**

**Hello GRs,**

Has anyone got any really good vego recipes for PATTIES WHICH HOLD THEIR SHAPE? I've made bean, lentil and gluten burgers and would appreciate any new ideas. The bean and lentil seem to be a bit sloppy and the gluten a bit tasteless. If you could reply in Feedback, we could all share in the information.

**Shirley Buttsworth**

**C/- PO, KURMOND 2757.**

# BUSH WALKING, AND TALKING

by Jane Smith, Kilsyth, Vic.

Whenever I've had to make moves in my life that took me away from friends and familiar faces, I've found that joining a bushwalking group has opened the door once more to making acquaintances among people of similar interests. As I get to explore the territory in which I now must make a new life, acquaintances deepen into friendships. Walking and talking go well together, and hobbies and interests are discussed in the easy companionship that comes of walking side-by-side on country roads in peaceful surroundings. Other doors open to hobby classes and development, and as life in the new place expands it is as though a whole chain of events can be traced back to the first morning that one put out a nervous foot to walk with a group of friendly strangers.

Our group of bushwalking friends might range in age from forty to infinity I think. People don't generally tell anyone their age until they are over eighty and proud of it. Age is hard to tell or even guess at, especially when somebody you are sure must be over seventy can bound up onto a tree trunk fallen across the track and leap off on the other side with agility and grace, right side up. From my own point of view of one who has a life-long interest in home remedies, bushwalking with people of long life-experience has an added bonus besides that of enjoying the bush in good company. Get somebody talking about remedies, and they'll come up with not only homely cures that helped themselves and their families in past years, but remedies their parents and grandparents swore by as well.

Joan, for instance, recalled the importance her grandmother always placed on onions as a general promoter of health and also as a destroyer of germs. Hot chicken soup with plenty of onions and pepper in it, and a dash of curry powder to give it extra pep, was her grandmother's favourite remedy for a cold or flu, Joan told us as she propelled herself across a puddle of mud with her walking stick cut from an old broom handle.

'Oh, cut it out! came a plaintive voice from behind us on the track. 'It's surely getting near time we stopped for lunch?'

Her mother's home style cough medicine, Joan went on after pointing out the ridge that we had to reach in order to settle down and eat lunch, was a medicine made from onions. An onion was sliced into a bowl during the day, sprinkled liberally with brown sugar and left for several hours. The liquid that formed in the bowl was given to any of the children with coughs when they were going to bed at night. The dose might be repeated during the night if anyone awoke coughing.

Pneumonia was a real fear with parents before penicillin came along, Joan said, so even the slightest sniffle was taken seriously. If there was croup going around, Joan continued, her grandmother went one better and put freshly cut up onions in a bowl under the child's bed or cot at night. 'So - the fumes smell awful,' the old lady would agree, 'but the germs don't like it either,' and she'd keep it up until at least one night after the cough was gone.

'You can make a cough remedy like that, with a turnip,' volunteered a voice as we slowed up and stooped to creep under blackberry tendrils that overhung the narrow bush trail. 'You

make it the same way, slice up a yellow turnip and sprinkle brown sugar over and between the slices. With a turnip, you keep the slices stacked on top of each other in the bowl. My mother used to prefer honey or golden syrup instead of sugar, and it seemed to work as well.' The trail was widening out again now and the top of the ridge was in sight.

'Forty years ago when we drove across the Central Australian Desert,' Joan began, puffing only slightly now as we began the steep hike to the rainwashed blue skyline above us, 'Forty years ago, our group leader insisted upon us loading up our vehicles with bags of onions.' Joan had mentioned it before, this epic journey with a party of CSIRO scientists when she was about twenty and looking forward to 'doing the tour' to Britain and the

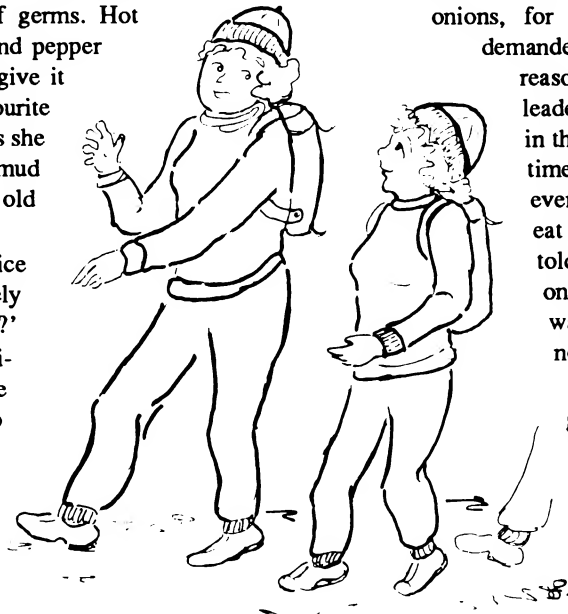
Continent that every young person dreamed about. 'Onions

- bags of onions? You want us to practically live on onions, for weeks? Whatever for?' The group demanded to know. There was an excellent reason for it, their tough little guide and leader told them. If anyone got ill out there in the desert, medical help would be a long time coming. So, in order to make sure that everybody stayed well, everybody would eat onions, every day. Everybody did, Joan told us with a grin. Everybody ate lots of onions, suffered gas pains bravely all the way from Adelaide to Darwin, and nobody got ill.

'Did you ever hear the old trick for getting your blood pressure down so you'd pass your insurance medical exam?' Ears pricked up to hear the voice from the walkers ahead of us. We'd spread out a bit now as the steep rise separated the fit from the less-than-fit. 'Garlic, that's the one. You take

a segment of garlic at the same time each day, once a day for a fortnight. You stop taking it for two weeks and then take it again for the next two weeks, timed to meet your medical appointment. By that time your blood pressure will be down, and you'll pass the exam no trouble at all. Anyway, that's what my dear old Dad told me years ago.'

Nobody questioned the truth of this because nowadays it is after all common knowledge that garlic lowers blood pressure. But the various means of taking the preferably raw garlic came under discussion as we all fell about with sheer relief at the top of the rise, giving the magnificent view across the Dandenong Ranges a brief glance before sorting out hot water flasks and tea and coffee and herbal sachets and packs of food and fruit from our backpacks.





Fresh garlic segments can be swallowed whole with milk, someone suggested, or cut up and swallowed without chewing as you wash it down with milk.

'If you're worried about your breath, then luckily most of us have parsley growing somewhere, and that's the antidote isn't it?'

'Oh, I just take garlic tablets every day and the parsley's already in those,' chirped in a little lady with white hair and a pretend-smug smile on her face.

Today has been a good run on home remedies, I was thinking, and expected that the subject would be changed any moment now. But I was lucky enough to hear some interesting bits about dealing with sandflies and mosquitoes and leeches, before we got to our feet after lunch to really stand and take in the sweeping view of crisp mountains wearing trailing white chiffon scarves of cloud rising from the wet forests.

Leeches frighten me. That tiny black thread that you see clinging to your socks can find its way right up your tracksuit to your bare neck if you don't spot it and check its progress in time. Once there, it can painlessly attach itself to your neck inside your collar, and entirely unfelt it can (will) turn into a horrid black grub filled with your blood.

'Stop! don't pull it off!' Another and more experienced walker warns you. You go rigid with self-control.

You try not to scrabble furiously at the Thing From the Black Lagoon. The more experienced hand will dab some salt on the black grub, salt carried especially for the purpose in an airtight container in their pack. The black horror will fall off, leaving profuse bleeding, for leeches first inject the site with a blood thinning agent. But at least the leech won't be leaving part of its mouth behind to cause infection, as can happen if you wrench it off. The owner of the more experienced hand tells you how it helps to wear dark coloured socks and pants, leeches like light colours, and of course, tuck your pants firmly into your socks, thick socks with no open mesh for leeches to discover.

If the unthinkable happens and, like herself at one time, you get a leech in your eye, dissolve half a teaspoon of salt in a cup of water from a flask and wash the eye area with this solution until the leech drops away. I was glad she'd told me that after lunch and not before. All the same, I was assured, these very qualities are what make leeches an important aid in some areas of plastic surgery nowadays.

So much for leeches that have a way of turning up for inspection at lunchtime. Sandflies though, and mosquitoes, like to take advantage of the lunchtime break to have a quiet meal themselves while the main course is sitting there unawares. I don't think you can beat the insect repellants that are on sale in the shops for prevention use, but once bitten there are ways of easing the itching and stinging that wakes you after you've gone to bed at night. Vinegar is surprisingly effective against insect bites, as is a freshly sliced apple wiped across the bites. Vinegar cools and soothes the itching and can be carried in the backpack in a used roll-top deodorant bottle with a screw on cap. This same applicator is just the thing to keep handy at night, something you can grope for in the dark and apply to itching bites without having to wake right up.

One of the walkers makes her own insect remedy, she told us. The lady chops parsley and half-fills a small jar, then covers the parsley with methylated spirits. The top must be screwed on tightly. When the parsley has turned white and the methylated spirits has turned green, the liquid is strained off

and kept in a small bottle, tightly sealed against evaporation. Dabbed on insect bites often, it soothes and prevents infection.

'Has anyone seen any good films lately?'

Ah well, more likely than not, I'll be fortunate and hear more interesting home remedies to pass on, another day, another mountain. Only seven kilometres to go now and all of it downhill from here, easy walking and pleasant talking.

#### **CLEANING BREAD BOARDS**

A discoloured bread or meat board can be cleaned by rubbing it with the inside of a lemon rind. Wash with warm, then cold water and dry.

#### **REMOVE BURNT GREASE**

To clean pans with burnt-on grease place the pan in a plastic bag turned upside down on an ammonia soaked towel. Leave overnight. Next day all the grease washes off easily.

#### **TWO SPECIAL VEGETARIAN BOOKS**

### **WHAT TO EAT IF YOU DON'T HAVE MEAT**

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# FIFTEEN WAYS TO SAVE ON YOUR GIFT LIST



by Sally Hammond, Brookvale, NSW.

'Christmas is coming, the geese are getting fat...' So goes the old jingle. What it neglects to add is that while the goose thrives, my purse suffers. How can we give creative, personal, gifts that don't scream 'cheapskate' as soon as the wrapping is off? How can we show the people we value that, even though this year money is limited, love isn't? Here are some ideas to help deal with the multitude of names on the gift list; too important to be missed, but too numerous to spend many dollars on each one. Better still, many of these ideas can be carried out completely at home, or with only a quick trip to the supermarket or shops. Some may even be an ongoing project throughout the year. So if you end up late for Christmas this year, there's always next year!

Everyone has a special jam, candy, chutney or pickle recipe. Make up a batch and fill a small container, sealing with paraffin and a scrap of colourful paper or fabric. Be creative about what you use. How about a ceramic cream jug for chocolates, a china ramekin for chutney, or a sauce bottle for your heirloom tomato sauce recipe? That way people have two presents at once. Write the recipe on a card and tie it on too.

If you have a garden, dry tiny nosegays of flowers as they bloom. Don't know how? Borrow a book from the library to learn. Generally all you have to do is hang them upside down in a cool, dry place or you may even use a microwave. Or press flowers individually, then arrange them on a card with a bow, with painted or penned additions. Tie your bouquets with scraps of fabric. You can fill tiny squares of material with crushed herbs, mint or lavender for drawer sweeteners. You can use a pretty handkerchief instead, making sure that you tie the corners securely, or sew two together to make a herb cushion, said to promote sweet sleep if tucked into a pillow case. You could write out the story of the herbs you have used and attach it to your gift. Bouquet garni sachets or bundles are always appreciated by gourmet friends.

You may have an heirloom biscuit recipe in your notebook. Write it attractively on a card. Make a batch of the biscuits and tie half a dozen into a 'swag' serviette and tie it to a wooden spoon as a stick. Let your recipe card double as a gift tag.

With the growing interest and awareness in ancestry, try making a family history book for a relative. Use an inexpensive photo album and paste in or mount old photographs that may be lying around gathering silverfish in a drawer somewhere. Copy them if you still want them yourself. Include notes on anything you know about them: where they may have been taken, who the people are, how they are related to you. Add any anecdotes you may remember hearing. Draw up the family tree as far as you know it. It may just prove a springboard for someone to do more serious research. Make a cassette including as much as you know of the family's history and your own childhood recollections. This gift can be for an entire family.

Start a stamp collection for a young relative or friend. Soak stamps from letters as you receive them and mount them carefully or give them loose. Include a magnifying glass and some tweezers.

Shine coins with a metal cleaner for a child's gift. Place in a small purse, or give them tied in the corner of a handkerchief or taped to a card.

Knit or crochet tiny squares of bright wool to make a doll's afghan rug for a small friend. Or cut up dressmaking scraps to make a patchwork quilt for the doll, a small child, or even matching quilts for them both.

A collection of your own tried, tested and loved recipes, neatly written in a notebook or on cards makes a special gift for a kitchen-happy friend. Cards can be slipped into the plastic sleeves of a photo album to allow easy cleaning while cooking.

A potted, healthy plant with directions for care always pleases a gardener. Tie a Christmas bauble onto a branch and gift wrap.

For an older person, knit a 'double slipper' out of heavy wool and sew onto a thick cushion cover that can hold a hot water bottle. Marvellous for those who get cold feet while sitting watching television or reading.

You can often buy large packets of tiny soaps or bubble bath sachets. Arrange a few on tiny wooden or cane dishes, wrap in cellophane and tie with gift tie. This costs a fraction of the ready-wrapped version. Alternatively copy the traditional minihampers sold everywhere, but put in your own selection of tiny jams, tea packets and nuts and dried fruit.

Now the family may be growing or already grown, some of your larger ovenproof dishes may be too bulky for everyday use. Often they only take up valuable cupboard space. Bake a cake or bread in one, a pie or tart in another. Wrap with plastic or cellophane and include the recipe and a gift tag with a note to say the dish is theirs to keep as well.

During the year as you accumulate jars, bottles, boxes etc, put them aside to be covered with adhesive paper or filled with baked goodies. Some can be filled with desk odds and ends for a teenage student, others with a ball of string for the kitchen or coloured pencils for a child.

Collect old bottle tops, rubber bands, string scraps, egg cartons, coloured foil from chocolates, unusual boxes, pressure pack can tops. Cover a cardboard carton with bright paper and present to your favourite preschooler. Add a small pair of kindergarten scissors and a pot of paper paste and watch the eyes light up!

From the magazines that stack up through the year, here are several ideas: Make a recipe album, especially good for a child who is just beginning to cook, or a young person 'flating' for the first time. A cartoon book will bring chuckles. These can be mounted on the adhesive pages of a photo album, or in a scrapbook. An album of craft ideas will delight youngsters and help fight the boredom of Christmas holidays.

These are just the beginning of many similar ideas. Recycling is in the air, do-it-yourself never died. When we use our time and talents to make a gift for someone else we are not being cheap. Instead we are saying 'I love you' in the richest possible way. It is a priceless way to say 'Merry Christmas'.



# A YEAR OF CHRISTMAS IDEAS

by Mary Horsfall, Longwood East, Vic.

It is always interesting at this time of year, with Christmas almost upon us, to notice a sharp division amongst our circle of friends. On one side we have the organised plan-aheaders who have been hand-crafting, cooking, growing and buying gifts for family and friends for months past and who can now sit back looking smug. The other, and far more numerous, side is made up of we last-minute-panickers, still devoid of ideas, inspiration, and probably money, and still searching for appropriate gifts. Throughout the year GR often features craft and cooking articles, book and new product reviews, many of which would make most acceptable Christmas gifts. We thought a review of some of the ideas we have presented over the last year would be useful for all who, like us, fall into the last-minute-panic category. Remember, a little thought put into the presentation of a gift and the interests of the recipient will ensure your efforts are treasured.

## CRAFT

### Gifts And Decorations

GR 88: Our previous December edition is full of craft ideas. *Make Your Own Christmas* (p 21) contains many gifts ideas, with detailed instructions for making polystyrene balls and miniature people. Christine Taylor shows how to make a Christmas table decoration (p 31), and instructions for making a ball tree and a pine cone chandelier are provided by Muriel Courtenay (p 34).

GR 89: Jose Robinson provides pot pourri recipes and instructions (p 19), and those who have been saving plastic bread bags will be able to crochet hats from them (p 31).

GR 90: Barbara Hemmings gives detail of making a handy kitchen push-me-pull-you (p 27). If you live or holiday near the sea and are an incurable beach scrounger, you may be able to try the beach craft ideas suggested by Jane Smith (p 31), or if you still have spare plastic bags you can use them to make coat hangers (p 55).

GR 91: December is not really the knitting season, but if you have odds-and-ends of wool left from winter projects, your elderly friends will appreciate a pair of easy knitted socks (p 38).

GR 92: Elsie Hoare and Jose Robinson provide two different methods of making rag rugs, both of which are remarkably quick once you get started (p 19-20). Marly Wright's instructions for a bird marionette (p 61) would make an exciting gift for almost any child.

GR 93: The old-fashioned wooden toys made by Steve Fitzgerald (p 19) and Elsie Hoare's doll house furniture (p 55) are more clever crafty ideas for children. Adults or teenagers would appreciate a travel bag (p 66) or the handy sun visor and sun glasses case (p 15).

### Books

Anyone interested in crafts would love to receive an appropriate book and there are many excellent ones around. Look back to the relevant GR issue (p 68) to read the reviews for more details.

GR 88: *Australian Creative Machine Embroidery*, by Marilyn Townsend, RRP \$19.95.

*Flower Painting*, by Paul Riley, RRP \$24.95.

*Victorian Embroidery*, by Freda Parker, RRP \$39.95.

*Paper and Fabric Marbling*, by Rex Swindlehurst, RRP \$19.95.  
*Australian Houses In Patchwork*, by Margaret Rolfe, RRP \$16.95.

GR 89: *Painless Patchwork*, by Rosemary Donoughue, RRP \$24.95.

GR 90: *Annie's Cottage Crafts*, by Anne Mayne, RRP \$12.50.

GR 91: *Applique Workshop*, by Cheryl Arnotts, RRP \$29.95.

*Folk Art and Tole Painting*, by Kate Coombe, RRP \$19.95.

## COOKING

If you love creating in the kitchen there are many recipes, either for your own Christmas and holiday meals or for delicious gifts. It is often difficult to think of gift ideas for men, but most men we know would be very appreciative of a selection of home-baked goodies.

### Recipes

GR 88: Cheryl Beasley tells us how to make fruit leathers (p 24). *While The Billy Boils* (p 50) gives many festive recipes including rose petal jelly, eggless plum pudding and sugarless Christmas cake, while Angela Shannon gives recipes for a vegetarian Christmas feast (p 51).

GR 91: The easy fruit cake recipe (p 29) is delicious at any time of year and makes a lovely Christmas cake.

GR 92: Rose devotees will enjoy cooking and consuming rosehip syrup, rosehip jelly, rose petal jam, rose petal sorbet and crystallised rose ice cream (p 17-18). A selection of homemade flavoured vinegars (p 39) would be a gift appreciated by any cook. A spicy apple tea cake (p 50), or biscuits, cakes and puddings using oats (p 51-2) make tasty additions to a Christmas hamper.

GR 93: Marja Fitzgerald's tempting chocaholic recipes make wonderful gifts, if your family doesn't get there first.

### Books

Two books we have received this year which are particularly suitable for the cook in your life are: *The Complete Book Of Preserving*, from Good Housekeeping, RRP \$39.95 (GR 91), and, *The Cook's Garden*, by Sheridan Rogers, RRP \$39.95 (GR 92). Both are beautifully presented and a pleasure to use.

## GARDENING

Any gardener would like to have a wind powered garden gadget or two to keep the birds away from certain areas (GR 93, p 54). In GR 89 (p 69) we reviewed the Ezy Weeder and the Gundaroo Tiller, both very useful tools. The mail order gift herb idea described in GR 88 (p 69) is great in many situations. Of course if you grow your own herbs, a pot containing a healthy selection, along with instructions for use, would be a thoughtful gift for many of your friends.

### Books

GR 89: *Jackie French's Guide To Companion Planting*, RRP \$9.95.

*Natural Gardening And Farming In Australia*, by Jeffrey Hodges, RRP \$30.

GR 90: *Australian Herbal Crafts*, by Kim Fletcher, RRP \$16.95.

*Yates Green Guide To Gardening*, by Allen Gilbert, RRP \$12.95.

GR 91: *New Plants From Old*, by Jackie French, RRP \$16.95.



**GR 92:** *Practical Craft Ideas From Your Garden*, by Janet Taylor, RRP \$12.95.

Any gardener would be thrilled to receive one of these books, just arrived, beautifully presented and illustrated, but not yet reviewed: *Places for Plants*, by Jacqueline Sparrow, Penguin Books, RRP \$19.95; *Flowers for all Seasons*, by Linda Burgess, Angus & Robertson, RRP \$35.00; *The Country Garden*, by Trisha Dixon, Angus & Robertson, RRP \$39.95; *The Scented Garden*, by Pamela Allardice, Angus & Robertson, RRP \$35.00.

#### SKIN CARE

In her two articles in GR 88 (p 39 & 61) Cheryl Beasley gives instructions for such natural beauty products as moisturisers, lip creams, cream perfumes, scented waters, bath sachets and salts, body scrubs and oils and scented vinegars.

#### IDEAS FOR CHILDREN

##### Craft

A glance back through the Kids Pages (p 48-9) of each issue will provide many crafty ideas that children can make, either by themselves or with a little help, for their friends.

**GR 88:** Instructions are provided for making easy cards, covered cartons and boxes and a trendy pochette.

**GR 91:** A knitting pattern for a rainbow serpent is suitable for older children to make.

**GR 93:** Tells how kids can grow their own presents and make a giant pet flower.

##### Books

**GR 88** (p 68): *Rainstones*, by Jackie French, RRP \$16.95 (h/b).

**GR 89:** *Flying Toys*, by Kenneth Sams, RRP \$14.95.

**GR 90:** *In The Rainforest*, by Kathie Atkinson, RRP \$9.95.

**GR 91:** *Kids Knits*, from Family Circle, RRP \$2.50.

**GR 92:** *Connections – Finding Out About The Environment*, by David Suzuki, RRP \$16.95.

**GR 93:** Rereleased Dr Seuss Books, RRP \$5.95.

#### MISCELLANEOUS Books

Some books which do not fit any of the above categories but which will be of general interest are.

**GR 88:** *Green Inheritance*, by Anthony Huxley, RRP \$24.95.

*Save The Earth*, by Jonathon Porritt, RRP \$39.95.

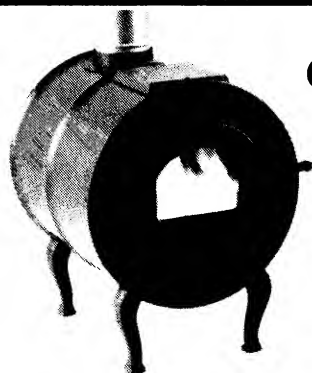
**GR 89:** *Last Chance To See*, by Douglas Adams & Mark Carwardine, RRP \$14.95.

#### Tapes and CDs

During the year we have received and enjoyed listening to several audio cassettes and CDs, but have not had space to adequately review them. Nature lovers will enjoy *Sound Portrait of an Island*, an ABC tape, RRP \$19.95 and *Gone Bush* by Les Gilbert, a superbly recorded CD of sounds from the Australian Bush.

Fans of traditional (and not-so-traditional) Australian folk songs and woolshed dance music will enjoy the CDs *Beating Around The Bush* and *High Kickin' & Hollerin'*, compiled by Warren Fahey, both are attractively presented double CD sets, RRP \$29.95 each, available all record stores.

We hope that these suggestions, along with other articles in this issue, will help to turn that last-minute panic into last-minute creativity. Have a happy GR Christmas.



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Herberton Qld: Planetary Power. Ph: 070-962-420.

Sydney-NSW: Rolande Clarke. Ph: 047-878-286.

Orange-NSW: Des Burford. Ph: 063-651-038.

ACT: Wayne Gardiner. Ph: 06-230-8242.

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We supply all the parts door assembly, legs, flu collar.

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#### NO WELDING REQUIRED

Some models are also available as the finished product, using new heavy-duty drums, sand-blasted and painted with special high-temperature paint.

See the **HOT DRUM NEWS** for details.

# PADDY MELON SEASON

by Llen Eva, Bundaberg, Qld.

It always began early in the year, only a few days into January when the old dehydrated bush tree was taken outside and discarded, only fragments of its earlier finery hanging amongst its withered leaves. The baubles, the streamers, the blinking coloured lights, even used but untorn bright sheets of wrapping paper were stored carefully away in cardboard boxes.

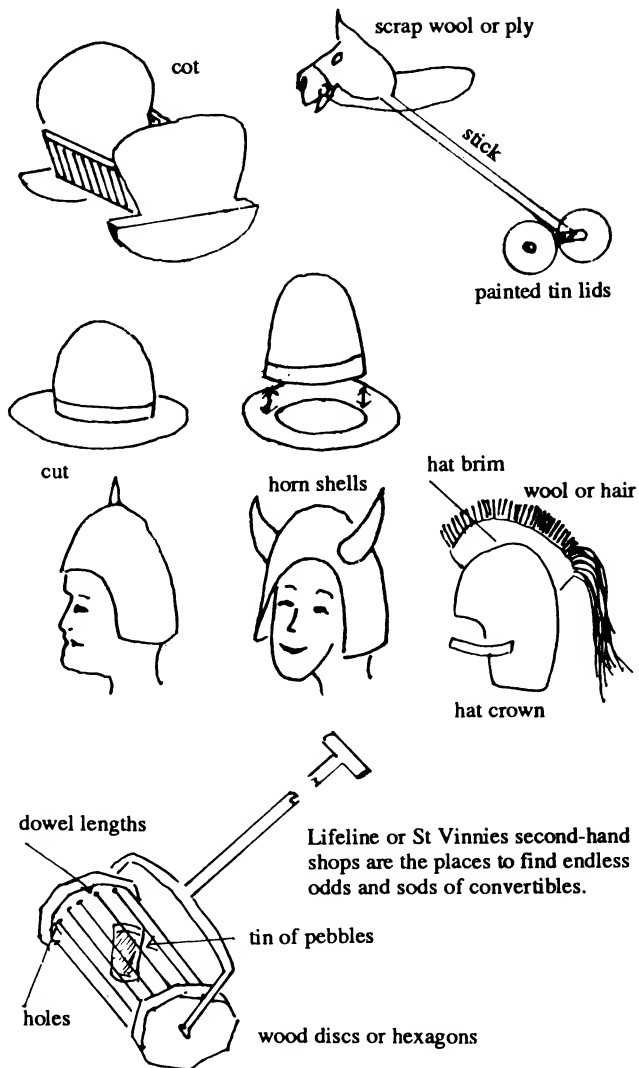
During the next six months of hoarding, all sorts of imaginable and unimaginable bits and pieces were saved: scraps of hardboard, short lengths of pine from building sites, plywood from packing cases, the packing cases themselves, old felt hats, dried chicken wings, bullocks horn shells picked up about cattle working yards, different coloured rubber composition floor tiling, and lengths of leather from discarded harness and saddlery, almost anything that caught a questing, scavenging eye and imagination. The collection grew in the boxes stored in the little pyramid-roofed shed, midway down the backyard with its 'KEEP OUT' sign on the door. An order reinforced by the presence of a whippy, glittering chromed rod, that could, and often did, cut the air with a satisfying, convincing whistle, inches behind a childish rump. The pain or rather the expectation of pain, from those 'almost' hits has grown in their minds across passing years until they now relate their experiences to my grandchildren as though they faced up to the mythological sword 'Excalibar' from the round table of King Arthur. The crazy collection grew as half a year passed, and a few purchased goods were added, some screws, some nails, little harness bells, and shiny leather work ornaments, several little pots of quick dry paints.

## HOMEMADE TOYS

Then, weekend by weekend, sometimes by evenings, rainbow bright objects began to hang from the rafters, hang upon the walls, drape down from fencewire clothes lines strung in this 'Verbotten' zone.

Old felt hats became Viking helmets, the brims trimmed away and the crowns domed up, they were shaped to expose the wearer's face and the sides cut to come down to protect his ears. On each side a dried birds wing was sewn sloping up and back, holes were drilled through the edges of small cow horn shells, then laced to each side of the helmet with nylon fishing line. A spiked decoration goes across the crown of another, by cutting zigzag along the outer edges of the discard brims, which is held in place across the crown with paper-fastener split rivets. Two pieces of brim together, a layer of horse hair sticking up between (or coloured wools) and run several rows of stitching back and forth, (on the sewing machine), then trim the hair (wool) off even. Makes a mighty fine Roman decoration, fastened on the helmet top. All painted with silver, aluminium or black paints.

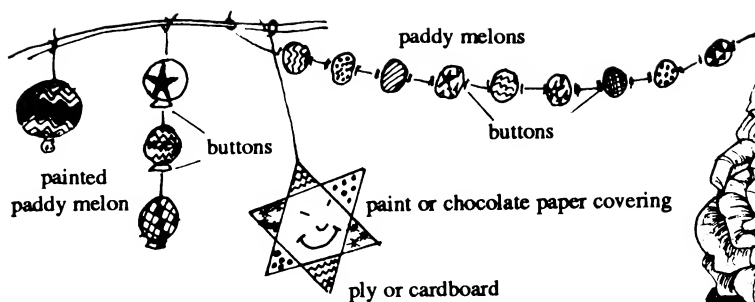
Dolly cots and roll-alongs, containing tumbling bells chiming within, small tin containers with several pebbles or marbles sealed inside, produce a satisfactory noise level. Little tables and chairs for tea parties. Books were scoured for ideas and coloured paint slapped on shaped scrap material, then hung up there in that pyramid crypt of a roof, until it and the walls dripped rainbows.



## PADDY MELON DECORATIONS

As the eleventh month passed, the heat burned down, the country dried out, so too did the paddy melon vines along the creek courses. The old family car noisily shuddered its way along the deeply corrugated dirt road out of town, across the muddy Thompson River bridge, and up along Longway Station's boundary fence to where Sandy Creek spilled out onto the public common. The rattling of movement ceased, the motor cut, the noise crescendo increased. Brothers battled sisters, and they all battled each other to be the first, to have the best buckets, and the first melons. The pre-Christmas hunt for tennis ball sized, dry paddy melons was on. Little melons, crisp dry, not bitten at by cattle while still green, nor trod upon by a passing horse.

The large kitchen table shrouded in multiple layers of the largest newspapers, would be totally surrounded, every mate of the kids in the street appeared to be present. Boxes of paddy melons were tripped over, kicked and stomped upon by the horde. Every wide-based, non-tip egg cup of a child-ridden house, on the table centre, each filled with quick dry paints. Little hands grab a melon and a brush and it's melon painting



time. Coats are literally slapped on, then designs of another colour are applied, in wavering strokes, upon a still running background. Paint on the melons, on the table, on the floor, and much, much more paint on the kids.

All the gaudy, bright, shiny buttons were among the booty accumulated during the scavenging months. Long darning needles and strong fishline were required at this stage. The best and brightest buttons were threaded on and the long needle thrust from bottom to top through each melon then snipped off, leaving a 15 cm (6 in) tail for tying to the Christmas tree's branches as decoration. Two, three, four, or more, on one cord made pendants. Chains of paddy melons several metres in length, draped branch to branch, hung down by doors, windows, across the top of openings. Long ones drooped from the ceiling and from walls to light fittings. Buttons knotted both sides of each melon, added shine and kept them from slipping along the string and bunching up.

#### AND SO THIS IS...

Paddy melons in dozens, with bizarre designs hung by their strings throughout the little bush tree on the verandah, streamers of crepe paper chains, bought baubles, flickering lights, resurrected from the cardboard boxes.

The profusion from the shed, now free of dust, name-tagged, reposed in colourful display upon the flamboyant blanket beneath the tree base, tantalising anticipatory, excited Christmas children.



#### RECYCLED FASHION UPDATE

The contact address for the booklet *Recycled Fashion* by Shirley as mentioned on page 10 of *Living Better for Less*, is now: Shirley Webster, Unit 59, Adventist Retirement Village, Alstonville 2477. The booklet describes how dated clothing can be modernised by using a little time and ingenuity and very little money, and is very reasonably priced at \$4.25.

#### HOMOEOPATHY

- A totally new concept in learning by correspondence has been prepared by well known practitioner and author Isaac Golden, Principal of the Melbourne College of Homoeopathy.

The course is based on the M.C.H. course for professional Homoeopaths. Practical 'hands on' as well philosophical aspects of homoeopathy are fully covered in the course.

For full details, write to:

**AUSTRALIAN COLLEGE OF ALTERNATIVE MEDICINE**  
PO Box 625, Box Hill 3218.



Throughout the world, the finest restaurants are serving salad mixes (Mesclun) made up of baby sized leaves from an assortment of salad greens often varying to taste and with seasonal availability but all distinguished by a wonderful blend of colours, textures and flavours, tossed with a lovely dressing. To match these mixes at home you would need to buy more than ten different salad greens – that's if you could get them all. With the release this spring by Erica Vale Seeds of 'Saladini', a blend of special lettuces, raddichios and Italian endive, you can enjoy this delicious assortment freshly picked from your own garden and the varieties used are high in vitamins A and C, calcium, iron and fibre.

Ideal for even the smallest garden or containers on a balcony, Saladini provides a wide variety from a concentrated area. From about four weeks after sowing whenever you want a superb salad simply go into the garden and snip off with scissors the necessary quantity of young (8-10 cm long) ready-to-use mixed baby leaves. After cutting, water and lightly fertilise the cut plants' crowns and Saladini will regrow for more continuous harvests. Most plants will resprout and grow again, some four or five times, others less. By successional sowing other rows can be used as cut rows regrow.

Other new release herbs are Spicy Globe Basil (an ornamental edible, perfectly formed mound-shaped plant), Fernleaf Dill (a compact plant with good production of finely cut foliage), and Lemon Grass (perennial grass forming a dense clump), a world first seed release.

Erica Vale seeds are available from many Big W stores and major garden centres. There is a mail order service for people unable to find a retail outlet. Write to Erica Vale Australia P/L, PO Box 50, Jannali 2226. Ph: 02-533-3693.



#### HANGOVER TREATMENT

A dessertspoon of olive oil taken before indulging and another before bed, plus olives eaten throughout the time when drinking, is an old-fashioned hangover cure. Another recommendation is taking vitamin B twice daily for 48 hours before and after the event, plus 500 mg vitamin C morning and night in the same period. Before retiring drink a very large glass of mineral water, then drink copious amounts of mineral water every time you wake and during all the next day to flush the body of alcohol and toxins. For nausea take one nux vomica three hourly and two ledum tablets every four hours. Lots of herbal tea with honey also helps, and of course, willow bark tablets for the headache.

This advice is from *Aromatics*, the newsletter of the Australian Aromatherapists Assoc. All enquiries can be directed to PO Box 138, Surry Hills, NSW 2010. Ph: 02-319-6166, Mon-Fri, 9.30-5.30.



# AFFORDABLE SOLAR POWER

by Don Reynolds, Mudgee, NSW.

I have just read an article on solar generating systems and people who are thinking of moving to a remote area who have read this article will have their pants scared off. The article says typical costs for a small household would be \$10,000-\$30,000. What a lot of garbage! A system that big could run a small community or a small factory.

## SOLAR GENERATING SYSTEM

When we first moved to our property for weekends and holidays we had one solar cell of 37 watts capacity, and two 90 amp car batteries. With that setup we could operate two fluorescent lights in the shed, run a washing machine which I converted to run on twelve volts and operate a two-way radio. I also had a shower operating off a small twelve volt bilge pump motor.

Since then I have completed our house consisting of eight fluorescent lights, 5 power points, two-way radio, television set, washing machine, sewing machine, blender and a grinding machine. My present setup consists of two solar cells 90 amp capacity, three 90 amp second-hand car batteries. The third battery is charged to operate the tractor which does not have a generator, or the Land Rover which is used only infrequently, mainly for gathering firewood. Hot water is heated by the fuel stove, but shortly a solar water heater will be connected so we will not have to fire up the stove in summer.

The article also mentions wind generators and suggests about \$8000, plus another \$7000 to set up and for batteries. My generator cost me \$30. I picked it up from a scrap metal dealer. Some of the early model trucks and tractors had generators that peaked at about 700 RPM, so keep your eyes open and you may pick one up.

My system is as follows: two solar panels, 30 watts \$375, 60 watts \$500; ammeter and voltmeter \$30; wiring I scavenged from the tip; the regulator I built from an article out of GR. So my total system has cost me about \$905. I also bought a small (0.9 KVA) generator with siezed bearings for \$40 and spent \$70 to repair it, but it is rarely used. I built a small windmill to pump water from our spring to supply water for our hot water. Our system has been operating now since 1988 part-time and since 1989 full-time and the only time we had a problem was when we had a period of four weeks of overcast weather and at that time we only had the 30 watt cell.

The article I'm referring to was not in GR, but was written by a so-called 'expert' on solar systems. If any of you out there would like to check out my system you are welcome to do so.

## SOLAR HOT WATER HEATER

Probably the most pressing problem for people living an alternative lifestyle is hot water. In winter it's not so much of a problem as the fuel stove will be alight constantly and will heat the water through the heat exchanger (if fitted).

I built a solar collector for a camper van some years ago on the conventional method, as a flat plate system, which I found time consuming and tedious. More recently I have given much thought to making a simpler heat exchanger and have completed a very simple water heater that can be built in about three or four days. If you can do a bit of scrounging you can build this collector very cheaply. Basically it is an airtight box using the heat from the sun to heat pipes filled with water to transfer the



Don Reynolds shows the completed solar hot water heater.

heated water to collector tanks. The diagram will explain the construction (fig 1).

The frame for the collector is built from 19 mm ( $\frac{3}{4}$  in) waterproof plywood screwed and glued to make airtight. In my initial research I used plywood covered with aluminium foil in place of the mirrors and they worked successfully, but I managed to scrounge enough mirrors to build my present collector with them. The angle of the mirrors can be anywhere between 30 degrees and 60 degrees. The mirrors are set in place and sealed with silicone sealant. To make it easier to place the insulation I built the frame but left one end off so the insulation could be stuffed in from the end, then the end of the frame was screwed and glued in place.

The pipework is of copper tube, bottom and top pipes 25 mm (1 in) diameter and the risers 19 mm ( $\frac{3}{4}$  in) diameter, and is soldered together. To insure that the holes for the risers are in line I made a drilling jig as below (fig 2). Cut your top and bottom tubes to length and drill your first hole then place the drilling jig peg in the first hole and drill the next hole and so on till all holes have been drilled (fig 2a). To ensure I would get a good soldered joint in the tubes I made a flaring tool as below (fig 3) and a transporter.

What you do now is to place sleeve (S) on transporter peg (A) and slide it into the 25 mm (1 in) tubes until you can see the sleeve line up with the first hole, now place the body of the flaring tool over the hole and screw the bolt into the sleeve. If

Figure 1

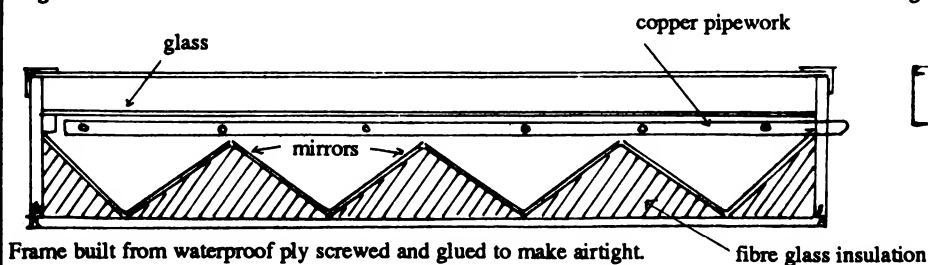


Figure 2

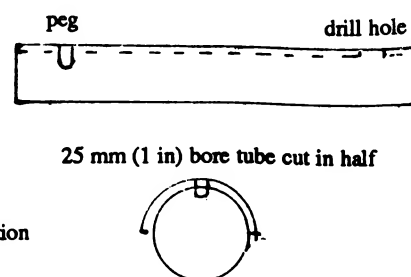


Figure 2a

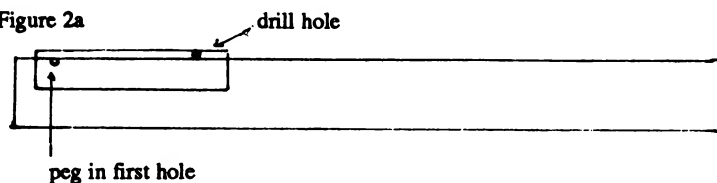


Figure 3

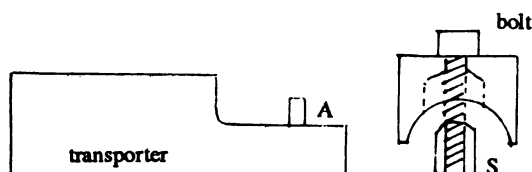
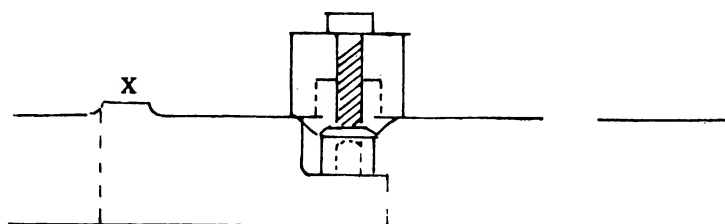


Figure 4



you use the flaring tool you will drill 16 mm ( $\frac{5}{8}$  in) diameter holes. As you tighten the bolt it will pull the sleeve through the tube as shown at (X) and will make a much better joint with the riser tubes (fig 4). When you have flared all the holes you can assemble the pipework.

You will now have to fix two pieces of 25 x 25 mm (1 x 1 in) timber to ends of the top and bottom of the plywood box to lay the 25 mm (1 in) pipes on. I suggest you place some type of insulation between the timber and the pipes. If you live in an area where you experience frosts I recommend you use two glass covers separated by at least 25 mm. I spoke to my local friendly glass man and asked if he would cut me a piece of broken shop front window; my piece, 1.7 x 0.8 m (5'6 x 2'6), cost \$10.

OK, so your collector is now complete and hopefully airtight, don't worry too much about the angle to the horizon that you set it. Here our optimum angle for summer is 47 degrees. I had to set my collector at 20 degrees so I had the required rise from the outlet pipe of the collector to the storage tank, and still the water temperature in summer can rise to about 85°C.

So far the collector has been subject to only - 4°C and stood up successfully to that temperature but as our temperature can go down to - 10°C it will be interesting to see if it can withstand that temperature. I'm confident that it will as the inlet water pipe is coiled around flue from the stove and all the pipes are insulated.

Don Reynolds can be contacted at Lot 5, Green Gully Rd, Green Gully, Via Mudgee 2850, if anyone would like to discuss his solar power system.

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# BANTAM FOWL

by Megg Miller, Shepparton, Vic.

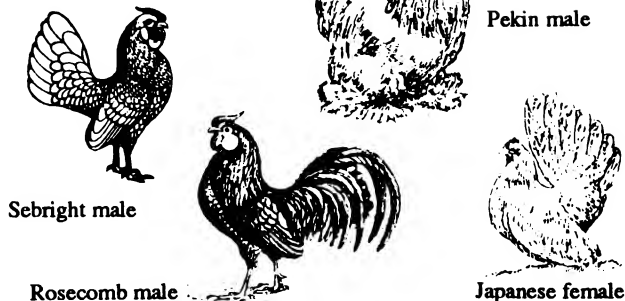
Bantams are small fowl. They may be miniatures of standard sized breeds such as Australorps, Leghorns, Plymouth Rock, Wyandottes, or they can belong to a select group referred to as 'true' bantams. These have no standard sized equivalent and include Sebrights, Rosecombs, Japanese, Pekins and the Belgians. Although bantams are around one third the size of standard fowl, their weight varies according to breed. Weights of true bantams vary from 400-620 g for Japanese, 450-620 g for Rosecomb to 510-620 g for Sebrights, whilst amongst the miniatures they can reach up to 680-910 g as in Rhode Island Reds or even 910-1136 g for Indian Game. Common farmyard bantams are generally considerably heavier.

The term bantam arose in the eighteenth century. It was the practice then for seafaring captains to name their cargo after its port of origin, and the tiny fowl that were loaded at the Javanese port of Bantam were loosely referred to by that name upon their arrival in London. Suffice to say the title was enthusiastically adopted and used to describe any small fowl.

The pure breeds of bantam are grouped under several categories just as their standard sized equivalents are. There are light breeds, heavy breeds and ornamentals. Within those categories fowls may be either soft or hard feathered. The light breeds in the main are superior layers, but not suitable as table birds because of poor fleshing qualities. Popular light breeds are Anconas, Leghorns, Old English Game and Hamburgs. The heavy breeds are, as their name suggests, of more substantial build, many being suitable for table purposes. Examples include Australorp, Rhode Island Red, Plymouth Rock and Indian Game. Heavy breeds tend to be placid natured, relatively easy to contain and exhibit both broodiness and reliable mothering qualities. The ornamental breeds, on the other hand, have been developed for some specific and frequently unique physical characteristic; Sebrights for the perfect lacing on their feathers, Frizzles for their unusual curled plumage, the Belgian Barbu bantams for their heavily feathered face, beard and neck cape. The terms soft feathered and hard feathered may also need clarifying. Feathers may be distinguished by the angle at which they emerge from the skin. Hard feathering emerges at a narrow angle, soft feathering a wide angle. In addition, feathers from the former group tend to be short and brittle, as typified on Indian and Old English Game; those from the latter group are softer, more open and profuse. Sussex and Australorp are just two of the many breeds displaying soft feathering.

Despite the popularity of bantams many poultry keepers consider they are more difficult to manage than standard sized fowl. Regardless of breed they seem to enjoy great mobility, with the exasperating capacity to be able to get under, over or through most fences if they so desire. This can make them serious nuisances in the garden. People who keep one or two pens of purebreds often find their bantam rooster has managed to mate with all the supposedly inaccessible hens and ruined the season's breeding plans. Many of the roosters are also very cocky, fearlessly taking on standard size males or those from other species and sometimes even yourself. Because miniature fowl are appealing it is easy to overlook these numerous

Examples of true bantams.



disadvantages, but be warned, think seriously before rushing into procuring them.

On the other hand there are numerous benefits in keeping bantams. They are more economical to keep compared to their standard sized compatriots; savings can be made on both feeding and housing. Where the demand for eggs is not great it would be more cost effective to keep 4-6 bantam hens than several standard size females. A small shed can be easily and cheaply erected or a section of a garden shed refurbished to suit the birds' needs. A big plus associated with bantams is their acceptance as cage or aviary birds by many local councils. Whereas by-laws may prohibit the keeping of standard fowl, keen poultry keepers can lawfully evade the restriction by choosing one of the smaller sized breeds. If you do your homework carefully you can select a breed that will do minimum damage in the garden, certainly much less than the larger footed standard fowl would do. Most of the ornamental bantams would fall into this category.

'But what about the common farmyard bantam?', you may be thinking. The multi-coloured little fowl so frequently described as a bantam is usually mid way in size between large fowl and bantam. Many are excitable natured, inclined to flightiness and superb broodies. There is nothing wrong with these birds, but neither their temperament nor productive qualities can be guaranteed. On the other hand they are cheap to buy and extremely hardy. It's generally a matter of availability (and budget) as to whether one ventures into purebreds or common farmyard bantams. It should be mentioned too that the Silky is categorised as a standard breed and not a bantam in Australia and UK, although the reverse is the case in the USA. Many people fall into the trap of describing it as a bantam because they have seen it described thus in American self-sufficiency books or because of its relatively small size.

If you would like to keep a pure breed but are unfamiliar with the range available, take time to visit an agricultural show where poultry are featured. you will be amazed at the variety of birds available and by consulting a poultry book or even the *Poultry Breeders Directory*, can evaluate their temperament and productivity. Most people don't think twice about spending money on dog or cat food, but when it comes to purchasing a few fowl, bemoan their cost. Choose your bantam breed wisely and you will enjoy years of pleasure and productivity from these tiny fowl.





# BACKYARD BANTAMS FOR PLEASURE AND PROFIT

by Mary Taylor, Frankston, Vic.



If you are looking for a hobby which gives the maximum pleasure with the least amount of hassle, then bantams are for you. Add to this the bonus of eggs for breakfast and, if you can keep a rooster, chickens to sell for pocket money. There are many types of bantams, ranging from the exotic to the common farmyard 'bantam' which is usually a mixed breed bird, the result of generations of indiscriminate interbreeding in the fowl yard. That is not to say that these are any less attractive looking than their more aristocratic cousins. Indeed, they are often more colourful than the pure breeds and certainly less expensive to buy.

Of the pure-bred bantams my favourite is the Pekin, a soft feathered bantam with feathers right down its legs and on its feet. Its tail is thick and rounded, giving the bird the appearance of a fluffy ball as it waddles along on its heavily feathered feet, as if it is walking in snow shoes. This breed is known for its mothering ability. Other popular breeds include the Rhode Island Red, Light Sussex, and the Frizzle, the latter's feathers grow in the opposite direction, giving it a unique appearance. Amongst the hard feathered varieties, that is those whose plumage grows close to the body and which have a brittle quality, are the Old English Game and the Indian Game.

Bantams are easy to obtain. There are many breeders and also backyard owners who usually advertise in the classified pages of the local paper or in the *Trading Post*. Except for the more exotic and unusual breeds they are inexpensive to buy. If you are able to care for them day-old chicks are irresistible and soon learn that you are their new mother. They are very easy to look after. All you need is a cardboard box from the grocer with a reading light over it. At first the globe needs to be fairly close to the chickens, but each day it can be lifted further away, until after 3-4 weeks, or later in cold weather, the chicks will not need artificial heat. Gradually they can be put outside in any makeshift run to prevent them from becoming lost. At five or six weeks they can go into their permanent home.

This permanent shelter does not have to be elaborate. It will need protection from the rain and, for mature bantams, a perch a few feet above the ground for them to roost on at night. If you have a garden shed and can spare a corner, that is all that will be required. Put them in their new home at night and keep them shut in for a week so that they know where they belong and they will put themselves to bed each night without any help.

An even more satisfying means of obtaining chickens, if you have access to fertile eggs, is to hatch your own. The most successful way of doing this is with the help of a broody hen (see GR 92), or an incubator. Crossbred bantams are renowned for their success as broodies and generally make outstanding mothers. However I have hatched bantam chickens and ducklings using an ordinary domestic frypan. The most difficult part of the operation is the regulation of the temperature which should remain, as near as possible, at just below 38 degrees Celsius. On my frypan this is below the lowest setting. I put a thin layer of straw on the bottom of the frypan and a small dish



A common farmyard bantam hen and her progeny – hardy and healthy, but often inclined to excitability.

filled with water in the centre. It is important that the water does not dry out as the eggs need to be kept in a humid atmosphere. Turn the eggs twice a day. On the eighteenth day make sure the water container is full, turn the eggs for the last time, and be strong minded enough not to open the frypan again. Lifting the lid releases the humid air which is essential for successful hatching. On the twentieth day the eggs should hatch. You will hear the chickens cheeping.

Bantams are easily tamed and make delightful family pets. If you are a garden lover you will find they add movement and colour to the landscape, and eliminate pests while keeping the soil turned over and aerated. They are prolific layers and although the eggs are small the flavour is delicious. For a small capital outlay bantams give a wealth of pleasure and, with a little more work, a modest cash return.

The *Poultry Breeders Directory* is a valuable resource guide for anyone interested in poultry keeping, containing detailed information on over 40 breeds of fowl as well as ducks, geese, turkeys and more. Breeders (Australia-wide) and their phone numbers are listed. It is available for \$9.95 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

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# VEGETABLE GROWING

## Make the Most of What You Have

by David Banfield, Mooroopna, Vic.



Proud gardeners Lauchlan and David, displaying their pumpkin harvest.

After playing the vegetable game for a couple of years I thought I may have a few ideas to share with fellow growers and friends. I am hit and miss by method and use a don't-worry-too-much approach which helps, especially after waking up in the morning to find the snails have made the silverbeet seedlings their evening feast and chewed them to ground level. I always look for articles on vegetable growing in each copy of *Grass Roots*. This thirst for information is driven by obsession. My obsession started in the winter of '89 when my father rotary hoed an area for me in my backyard. We threw in some cow manure, I raked it up into rows and planted cauliflowers, broccoli, cabbages, silverbeet and onions which were all seedlings bought from the local nursery. The success rate was quite high after basically just throwing on a bit of water, pulling the odd weed and watching everything grow. I have since had success with beans, sweet corn, chillies, capsicum, cucumber and others grown from seed. The project became a potential monster last year. My wife, infant son and I rent a house from my parents on their 100 acre dairy farm and my father Phil suggested that we should utilise a spare acre to grow vegetables. So it was back to the rotary hoe for him while I grew some 600 seedlings. It then rained for two months which made it impossible to get back into the paddock and my seedlings almost fully matured in their trays so I threw them out. I'm not that fond of broccoli anyway. That was winter. A bit of spring effort brought better results for summer.

### SOIL AND BED PREPARATION

The land we used had been only used in winter months as a calving paddock. Here the cows calved and were fed dry feed in the form of hay. Over the years the cows had left an unknown quantity of manure and together with the hay provided the soil

with a heavy enrichment of organic matter. The paddock was cultivated by Phil with a 1.5 metre (5 ft) rotary hoe behind his tractor and we ended up with a nice friable soil, although only shallow top soil of about 250 mm (10 in) with a heavy clay underneath. We weren't too sure what to do about the clay and decided to leave it and see. Phil then borrowed the bed (hill) shaper from our tomato growing friends next door and formed the hills and furrows for two 60 metre rows. He had obtained some second-hand black poly pipe dripper line which he placed along the top of each bed. With the help of my mother, Marilyn, wife Helen and (then) 2 year old son Lauchlan, Phil and I covered the beds with black plastic which proved to be quite a good cover mulch for moisture retention and weed deterrent. We shovelled soil over the edges of the plastic to stop it from flying away.

### WATERING

As stated we had put down dripper line under the plastic. This was fed from a 32 mm (1 in) line from a pump fed by a dam nearby. Phil put in an in-line filter. This method is widely used by commercial growers, but was unsuccessful for us as the dam water was contaminated by a slime which continued to block the filter. The water must be filtered to save fouling the dripper line holes. The dripper lines were disconnected and we then irrigated the furrows, which took a little time and effort but proved effective.

### SEEDLINGS

I grew my seedlings in polystyrene 'speedling' trays which have 60 individual tapered cells in each tray to make the seedlings easy to remove and transplant. Potting mix of the cheapest brand was bought and seed was obtained from the local supermarket and nursery. I placed the 'speedling' trays

in galvanised trays on stands in a glasshouse and watered regularly. Seeds were sown early in October, seedlings transplanted late November – December and harvested from January on. Transplanting was done by cutting holes in the black plastic, digging holes in the soil underneath and planting the seedling. Seedling survival rate was almost 100%. I planted from 8 to 12 plants of each variety and kept them well watered.

### FERTILISER AND INSECT CONTROL

Our success was due to a bit of luck and care and not due to a lot of previous knowledge. As our soil already appeared to be in good condition we decided not to fertilise and it worked. Probably next year the results wouldn't be as good, so I'll rest that area and maybe put in some animal fertiliser later. I'll just keep moving across the paddock for future crops, which is a privilege I can exercise due to having plenty of room. We used no chemical or organic sprays and I have no knowledge or experience of such. There were no mildew problems and no companion planting methods were used. One formula for success is trial and error whereby you find varieties which suit your soils and environment. It is not guaranteed but it's a start. I once grew onions successfully in soil which was mostly sand. They were 'Brown Spanish' which were sown in winter and harvested in summer.

### HARVEST AND DISTRIBUTION

One problem of a large garden is a large yield, if that can be a problem. We had to pick the zucchinis almost daily and of course ended up with far more than needed. These were given away at work and to friends. Other varieties we watched for weeks and then were suddenly up to our armpits in vegetables. I picked 15 butternuts and 15 cantaloupes one afternoon but

soon gave them away. Perhaps our venture could turn into a semi-commercial organic crop. That way we could recover a few costs by selling vegetables at the local market.

### ALTERNATIVES

This article has been a reasonably superficial report on my experience but perhaps some points may need explanation to those without access to the facilities I have. If you follow what I have done then I assume you have a tractor, rotary hoe, bed shaper, pump, dam, glasshouse etc. You don't need any of these things for the home garden. I think good soil condition with plenty of organic matter and a cover mulch are the key to success in this style of growing. You can do wonders with a shovel. Raise your soil for good bed drainage. Don't use black plastic for a cover mulch if you don't want to, after all it doesn't fit into the natural side of things. In my small garden at home I use anything available, such as old straw and lawn clippings. In autumn leaves picked up with the lawn mower make a good mulch. If weeds are a problem then simply pull them out or chip them off with a shovel or hoe. Not many will grow through a mulch anyway, although seed can germinate from within the organic covering.

Seed can be planted in other containers to raise your seedlings. The onions I grew last year were raised to transplant stage in ice cream containers with holes punched in the bottom. You could convert a wading pool into an instant backyard hothouse. Put in your seedling containers, add water and cover with clear plastic. This was an idea of Mark Rij's, a friend of mine and fellow vegetable enthusiast.

### LAST WORD

I understand that *Grass Roots* is widely distributed and everybody's situation is different. There are a lot of readers from suburbia and/or in varying climates out there and we're not all blessed with room to move, supportive parents and family. We have to make the most of what we have and a lot of you are doing that. I was always envious of the forever-green hills of the Turntable Valley, northern NSW, where a cousin of mine has lived for sometime. Living in central Victoria does have its advantages however with its four seasons. The cold winter kept the earwigs and caterpillars out of my caulis, cabbages and broccoli last year in my home garden. I don't profess to be an expert but I hope some of this is of some value to you. Give it a go. There's no time like now to start.

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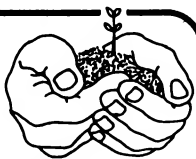
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Today there is a worldwide, lively and innovative interest in the handmade object. Marbling is the art of creating patterns and designs on the surface of liquid in a tray. The designs so created may then be transferred onto paper or other materials. The colours float on top of the liquid for a limited time and once a satisfactory design has been created, the craftsman must work fairly fast to capture it onto a desired surface. Each design as such, may only be used once before it needs to be skimmed off the liquid leaving the fluid in the tray receptive to further additions of colour and design.

### **HISTORY**

The ancient art of marbling dates back to some time before the sixteenth century in Europe. It has suffered numerous declines over the centuries, but somehow it always seems to arise into popularity once more. In earlier times there appears to have been some secrecy connected to the techniques of this skilled art. The Japanese equivalent of marbling known as 'suminagashi' is thought to have been around as far back as the twelfth century. Early pieces of marbling on paper were mainly used as end papers in quality books, also as special backgrounds for calligraphy. It was even used as decoration for interior walls in dwellings of the gentry.

### **MORDANTING**

In quality marbling, there is a precise control of complex colour combinations. The beginner is usually happy with his or her surprise random results which often can be quite beautiful.

The paper should first be mordanted using a solution of alum. It may be sponged on, or the paper plunged into a tray of ready mixed alum. The success of each sheet of marbling is dependent on the delicate modification of the pigment and their 'size' or carrier, also the paper by the mordanting with alum. Later on as experience is gained, the use of ox gall, available from art suppliers (which is bile from the gall bladder of a cow), may be advantageous. Ox gall added to the colours is a dispersing agent to reduce surface tension. It makes the colours more buoyant and causes them to spread on the surface of the size. Carrageen moss (Irish seaweed) although expensive, makes a wonderful size.

#### **To Mordant Paper Using Alum**

Dissolve 30 g (1 oz) of alum in 600 ml (1 pt) cold water and place in a dish. Rinse each sheet of paper in plain water first, then either immerse paper in alum mixture or lay paper flat on a board and sponge the mixture on. The alum mix needs to be left on the paper for about 30 seconds, then it may be drained and pegged up to dry.

### **GENERAL INSTRUCTIONS**

A shallow tray of size is prepared to a consistency of thin cream. The marbling inks or paints are mixed to a liquid suitable to operate from an eye dropper. Drops of various colours are then gently placed on the surface of the size and patterns can then be created by the use of combs, brushes, sticks, rakes etc.

The sheet of paper is laid onto the surface of the water for a few seconds. After careful removal, the surplus size is washed off the sheet under a running tap or gentle hose. It may then be hung up out of the breeze to dry. When dry it may be necessary to iron the paper flat again, or the use of a paper press does the job well.

### **DOWN TO WORK**

#### **Equipment Needed For The Beginner**

Deep tray of the dimensions of your sheets of paper. A roasting dish would suffice for experimental purposes. As you progress to larger sheets of paper, you can either use a polystyrene fruit/vegetable box (with no slits), or you can manufacture your own tray from wood by constructing a simple box frame lined with strong plastic.

House paint enamels or a set of inexpensive oil paints. Turpentine and linseed oil to mix the paint.

Small jars, lids, old cups etc for mixing paints.

Toothpicks, satay sticks, combs etc which can be used to form surface designs on the size.

Eye droppers, small brushes.

Spoons or sticks to mix paint.

Prepared paper, cut to size and premordanted.

Newspaper strips cut approximately 5 cm wide and as long as the width of your tray. These are for skimming the excess paint from the surface after each marbling printout.

Paper towels or old rags for clean up.

Most types of paper may be used for marbling, with the exception of newsprint or very absorbent paper. Manuscript paper, typing paper, litho paper, cartridge etc may all be used successfully. Even light coloured paper may be used, although this does not pick up the colours as well as white. For a first class job of marbling, the paper should ideally be mordanted first with alum (see above). You may have reasonable results without this step, but the difference in using mordanted paper is much clearer defined colours and a more professional job.

#### **Method of Marbling**

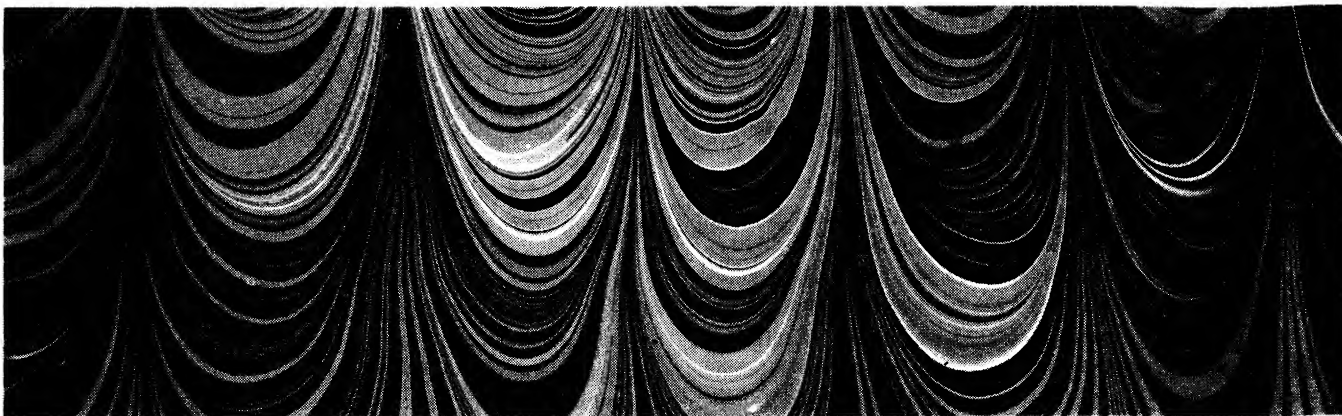
There are several different methods of marbling on paper, using a variety of paints and additives. The following method is easy for a beginner.

**Step 1:** Place cold water into your dish or tray on a table. The depth of water should be around 4-5 cm.

**Step 2:** Add one drop of linseed oil and stir well. The oil creates a slick on the surface of the water.

**Step 3:** Mix up a few colours of the oil paints or house paints in separate small containers, with the oil and turps. Approximately one teaspoon of oil paint to one drop of turpentine and one drop of linseed oil. The mixture should resemble the consistency of thin cream. If more oil is needed, add only one drop at a time and mix well.





Even beginners can achieve some surprisingly beautiful results. For this pattern I used a rake of cardboard with pins pushed through at 3 cm intervals.

**Step 4:** Now you are ready to drop some colour onto the water surface in your tray. You can use an eye dropper, small brush, or a stick. If you wish to spatter one colour, then use a whisk. Keep dribbling drops of colour until you feel you have sufficient to make an overall pattern on your sheet. Here is where the experimenting and fun begins.

**Step 5:** Take a toothpick, or any of your prepared sticks, or even a comb and gently trail or rake it across and up and down the solution in the tray. Just keep your appliance on the surface. You will now see magic before your very eyes. You can create swirls and marble-like patterns, stripes etc. It's not necessary to be too contrived. The art work will happen for you, so don't overwork it.

**Step 6:** Now take your first sheet of mordanted paper, carefully holding both ends together place the middle of the sheet onto the middle surface of the marbling tray. Gently allow the whole sheet to unfold and make contact with the surface. By beginning at the centre rather than one end, you are less likely to get undesirable air bubbles which may spoil your pattern. Allow the paper to sit on the surface for about one minute.

**Step 7:** Slowly lift the sheet off the surface and place it face up on a double sheet of newspaper or a piece of board. Rinse off excess paint and size under cold running water. Then hang up to dry or place on a drying rack on a slight slant.

**Step 8:** Take one of the strips of newspaper and holding it upright, skim the surface of the size removing any remaining paint. Repeat from step 4.

The size may be re-used for a couple of days, but after that throw it out and begin afresh.

#### Uses For Marbled Paper

- greeting cards

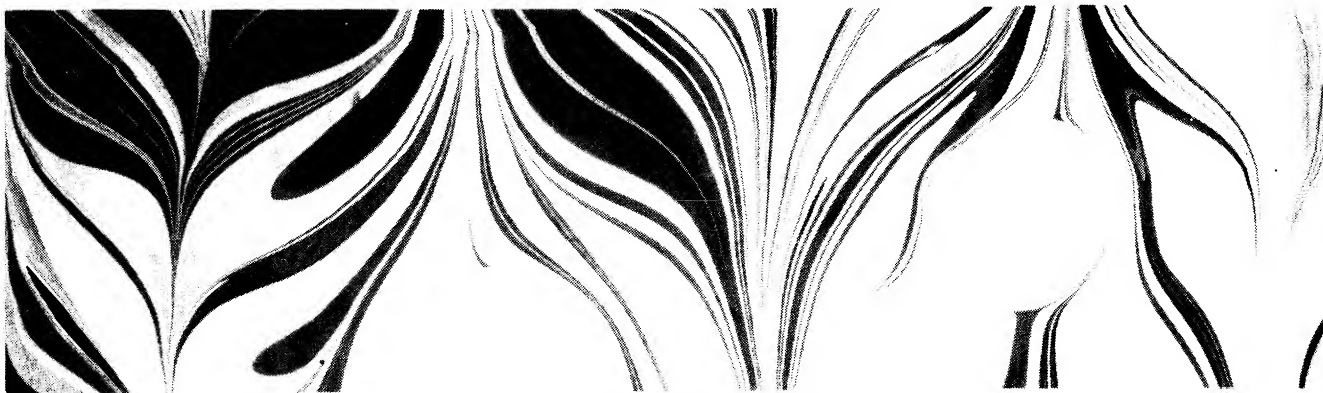
- wrapping paper
- kites
- cardboard/paper puppets
- masks
- book covers
- stationery
- christmas decorations
- desk sets – pencil holders, concertina file covers
- collage for wall hangings
- waste paper baskets
- box and container covers
- place mats
- bookmarks

#### Trouble-Shooting

If too much colour washes off and leaves your print wishy washy, it probably means you have not mordanted properly. If colours seem blobby, maybe the paint was not thinned sufficiently. Paint drops go straight to the bottom of the dish? Probably too thick and requires thinning a little.

There are now on the market some marbling kits which take a lot of the guesswork out of beginners' marbling. The kits are premixed colours and they include rounds of specially treated card which floats on the surface of the water and it is onto these rounds that you drop the colour with no mixing at all required. You just guide the paint with your sticks, brushes or rakes.

If you require more information on simple marbling, may I suggest you borrow a book on the subject from your library. You may find other methods to experiment with. In the next issue, I will give you some more advanced ideas on marbling, including marbling on fabric.



This pattern is called 'Feathers & Stone'.

# OUR BIG MOVE NORTH

by Rhonda Jansen, Lowood, Qld.

We had looked for a place of up to five acres in the north of NSW, but found the prices of such prohibitive for us. We had heard of people going further north to Queensland, 'God's Country', so we decided a holiday to find our dream was the way to go. We set off from Wollongong in the Christmas of 1989, venturing as far north as Bundaberg. Any further was too far from my family who all still lived down south. All small country towns were looked at with open hearts and minds. We had travelled through a small town by the name of Esk, in the Brisbane Valley. It was a quaint sleepy little town which took our fancy immediately. Although we continued further north with our quest, we kept thinking of the little town we'd fallen in love with. On our trip back down, we spent about a week in Esk, looking at land and enquiring about the prospects of work. My husband is a plumber and we felt there would be no real worries. We returned to Wollongong full of enthusiasm and began immediately to set about planning our great adventure.

We put our little two bedroom suburban house on the market, thinking it wouldn't take long to sell, but it was actually ten months later that the fateful day came. After another visit to our chosen area we finally purchased our lovely lightly timbered three acres, but alas, not in Esk. Locals advised us Esk didn't provide all we'd hoped for in the way of facilities, so we looked at another place called Lowood, only 20 minutes from Esk, which proved to be all we had hoped for. With help from my parents we made our move on Boxing Day, 1990. Then all the hard work was to begin.

Our block was overgrown. We found that the attempt to mow it with our suburban mower was sheer stupidity, so we saved the mower's life and paid a farmer to slash it with his tractor. It was the hottest time of year when we arrived and there we

were raking up large piles of weeds and grass. For coolness we tied wet rags around our necks, which ended up dry in about five minutes flat. We had decided that our best way to go was to build a large shed, to live in temporarily until we could start to build our home, eventually the shed would serve as my husband's workshop. We had to get most of the front of our block cleared away within a week, as the slab for the shed was being poured on the second of January. After the clearing had taken place, we found large holes, rocks and tree stumps and also a very old overgrown dam. Our minds went wild with thoughts of what we could do with our land. The building of our temporary home was beginning.

My husband and I were told when we purchased the kit for the shed that he and I could erect it by ourselves, 'In one week with no trouble'. Thank goodness my parents were here to help, as my husband and I would have had no luck on our own. It eventually took the four of us two weeks to erect it. Because of the extreme temperatures up here, we decided to insulate and line the interior. I also purchased an old wood heater from my brother, which my husband installed. The locals laughed and said we wouldn't need it, but our first winter here was extremely cold and the heater was a godsend. We also installed ceiling fans for the hot summers, I think we have now acclimatised, as the heat doesn't seem so intense as when we first arrived. The shed kit came with only one small window, so we purchased four more windows and an extra door, then my husband set about to install them. With his trusty jig saw in hand off he went. Dad built the interior walls and fittings to house our shower/toilet/laundry area, and a nice kitchen. All came together very well, with very few things going wrong, it was now a livable weekender type shed.



Rhonda, Dane and Josh outside our finished temporary dwelling.



Our dam and jetty. The jetty was built before the dam filled.

Our two boys, Dane aged ten and Joshua aged six, have fallen into our new way of life very well. They attend a small school called Tarampa State School, with only 60 children attending. The change from a large city school for my eldest boy has been dramatic. He struggled through his first years in Wollongong, but has now gained confidence in himself and has gone ahead in leaps and bounds.

After our settling in period, we started about planting trees. We've decided to plant our block at the front in a rainforest effect. We were told only Australian natives will survive our harsh climate, so have planted some canopy-forming trees, and when they are large enough we can plant under them with more fragile types of plants.

About the old dam I previously mentioned: We had it cleaned out and redug, and now have a lovely big dam, which when full is approximately three metres deep. Luckily, it is in a natural watercourse, which flows like a river in the rains. My husband built a jetty on the bank of the dam before the drought had broken. I must admit it looked rather funny standing there like a monument in an empty dam, but it was a great delight when we saw the dam fill to overflowing in a matter of a few hours. This became our children's domain over the school holidays and it also saved my sanity, no more of the ever present cry, 'Mum can you take us into the pool? Also the myriad of bird life that the dam has attracted is amazing. We have kingfishers, cranes and spoonbills drinking from it constantly and a family of wild wood ducks has taken up residence. It is lovely to just sit quietly and watch them go about their business.

Our three acres has now become a menagerie. I have goats, chooks, Muscovy ducks, two dogs and a cat. All but one dog have been adopted by us since we arrived here. It is a great feeling when you go down the paddock to feed them and they all come running. Jessica and Jemima are my two beautiful Angoras which have a kid each. We decided to have our Angoras serviced and the birth of their kids was eagerly awaited.

We were told to expect the arrivals in early October but nothing eventuated until exactly one month later. My boys were excited and amazed at being able to watch the births. There were phone calls all round when our kids arrived, just like the birth of a first child. They are now five months old and are just a delight to watch with all their antics.

The Brisbane Valley is a lovely place to live, with Wivenhoe Dam within five minutes of our home, Ipswich is within 30 minutes and the Gold Coast, within about one and half hours. There are many dams around for fishing, boating and swimming so I believe we have chosen a place with the best of everything. A lot of our friends down south said we wouldn't last up here, but the move we have made was the best thing we have ever done. The life we now lead is always exciting, something new is always happening and we have made a lot of lovely new friends. I'd like to say to any person considering doing the same thing, think it through very carefully, as it doesn't always suit everybody. I think for families, everybody concerned should want the same thing out of life. It is a lot of very, very hard work, but the gains you get back from your land and animals are tenfold. We are hoping to start building our home in about six months, so the hard work will start all over again, but that's what life's all about isn't it? Also it is true what the say up here. 'Queensland is God's country.' Anyone wishing to contact me with any questions about what we've been through to get to where we are now, please don't hesitate. Rhonda Jansen can be contacted at Lot 15, Scheiwe Crt, Lowood 4311.



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# GROWING GIANT PUMPKINS

by Wendy Stayner, Skye, Vic.

The fascinating hobby of growing giant pumpkins, squash and watermelons is gaining widespread popularity. It can be enjoyed by young and old alike. Children delight in the almost magical appearance of these amazing vegetables. Special festivals and weigh-ins provide an outlet for growers to display, compare and generally have fun with their giant sized produce. There's a great sense of achievement for producers of the finest specimens.

So if you have a spare plot of ground and a sense of adventure, buy some seeds, plant them, and stand clear.

Growing giant pumpkins in Australia and throughout the world is becoming increasingly popular. Giant pumpkins have similar growing requirements to the smaller varieties of pumpkins, but they grow a lot larger than any normal variety.

## SOIL PREPARATION

To prepare the soil for your pumpkin patch, care should be first taken to select the correct piece of land. It should be a well drained, sunny but wind protected area. The ground should be turned as early as possible, with manure or some other type of food such as a legume like oats or chick peas added to give the ground nourishment and compost.

## PLANTING

There are two options when planting giant pumpkins. Firstly, the seeds can be planted into a seed raising mixture until 5-8 cm (2-3 in) high, care must then be taken when transferring the small plant and its roots into the ground. The second option is to plant the seeds directly into the ground, which we have found most successful as it avoids any root disturbance.

## WHEN TO PLANT

Giant pumpkins are usually planted around the same time of year which is normal in the area in which you live for planting any pumpkins. They don't like frost, so care should be taken to plant the seeds after you feel the last frost has finished for the season. My husband and I plant our seeds usually at the end of October/early November. We live on the Mornington Peninsula in Victoria. But for interest, small pumpkin plants grown in the United States, which have been covered in snow, have produced giant pumpkins of over 300 kilograms.

## BASIC REQUIREMENTS

The pumpkin seedlings should be watered regularly, but care should be taken not to over-water or drown the young seedlings. Great care should be taken in humid conditions when watering, too much water will send the pumpkins rotten very quickly.

## CLIMATE

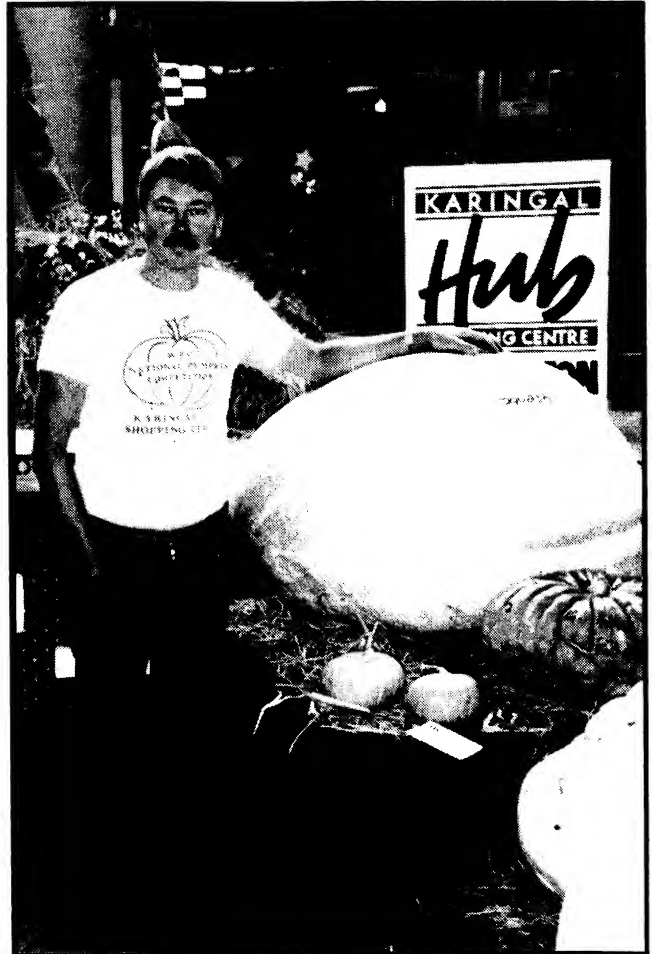
The climate does influence the size of your pumpkins. Last growing season (1991-92) pumpkins were a lot smaller in Victoria, than in other Australian states. This was put down in part to climatic conditions, the season was not very warm and there was a lot of rain. In other years, Victoria had produced the heaviest pumpkins throughout Australia; this year they were over 50 kilograms down in weight.

## GROWING TIME

A giant pumpkin takes approximately five months to grow. It takes 70-90 days approximately before any young fruit appear on the vine. It then takes another 60 days or so for that young fruit to reach maturity. It is recommended that only one to three fruit be left on any pumpkin bush. Any more will affect the size of the pumpkin grown.

## POLLINATION

Pollination is a key factor in growing giant pumpkins. Lots of



George Stayner with the Australian Champion Squash for 1992.

people have pumpkins which begin to grow only to have them stop growing when they reach about 20 cm in size. This is because pollination did not occur. You might have to lend a helping hand, by picking a long stemmed male flower and rubbing it into the female flower.

## WORLD PUMPKIN CONFEDERATION

Yes, there is even an organisation which is purely interested in growing giant pumpkins, squash and watermelons. Other giant vegetables such as sunflowers, carrots, gourds, parsnips, in fact anything you can imagine, can be weighed at an official World Pumpkin Confederation site throughout the world and, if it meets all the right criteria, is entered into the *Guinness Book of Records*. The World Pumpkin Confederation has a yearly membership fee of US\$25, sends out a newsletter and gives pumpkin growing tips. There are currently four Australian sites which are recognised as official World Pumpkin Confederation weigh-off sites. Weigh-offs in Australia are held usually on the last Saturday in March each year.



## RECORDS

### Australian Records

**Heaviest Pumpkin** – 200 kg, grown by Geoff Frohloff, 1992, Lowood, Queensland.

**Heaviest Squash** – 172 kg, grown by G & W Stayner, 1992, Skye, Victoria.

### World Records

**Heaviest Pumpkin** – 371 kg, grown by Ed Gancarz, New Jersey, USA.

**Heaviest Squash** – 374 kg, grown by Len Stelpflug, New York State, USA.

**Heaviest Watermelon** – 118 kg, grown by Bill Carson, Tennessee, USA.

Anyone wishing to purchase seeds of giant pumpkin, squash and watermelon can send an SAE to, Atlantic Seeds, PO Box 205, Seaford 3198. Information about Australian weigh-off sites can be obtained from Wendy Stayner, C/- Atlantic Seeds.

## COUGH CURE

An old-time but very effective remedy for a persistent cough is to place three unbroken eggs in very strong cider vinegar (increase the strength by boiling if necessary). In three or four days the acid will eat the shells, then beat the mixture well, and thicken with honey. Take two tablespoonfuls before each meal.

## GREEN DIRECTORIES

We have recently been sent two 'green directories'. One, *The Green Directory 1992*, has been produced by the Department of Small Business and the Office of the Environment and is relevant only to Victoria. The other, *Green Pages 1992*, is a smaller, privately produced publication which is relevant Australia-wide. A brief description of the contents of both will be of interest to many readers.

*The Green Directory 1992* is a guide to 400, ecologically friendly, Victorian small businesses. It includes a multitude of goods and services in such areas as recycling, effluent management, energy efficiency and environmental planning. Entries are in alphabetical order and provide the name, address and phone number of each business, along with a brief description of the business and why it qualifies for inclusion and a list of the goods and services offered. It includes some health products and health food suppliers but not natural health practitioners. There is a subject index. Available from Victoria Press, PO Box 292, South Melbourne 3205, ph: 03-242-4600, 214 pp, RRP \$27 plus \$4.20 postage.

*The Green Pages 1992* is an Australia-wide directory to businesses providing environmentally friendly products and services as well as many businesses servicing the natural health and health food sector. Entries are listed alphabetically within such classifications as building, food, holidays and natural health. Each classification is further divided into state sections, and area codes where appropriate. Names, addresses and phone numbers of businesses are provided, but no further details. There is a subject index. Available from Turni Press, PO Box 666, Norwood 5067, ph: 08-362-5539, 48 pp, RRP \$1.95 plus \$1 postage.

Both books are valuable references for concerned consumers. Neither can claim to be a comprehensive listing, but both provide a good starting point and both welcome suggestions for new inclusions in their next editions. We hope GR readers will get out their pens (or their word processors) and write to both publications to recommend environmentally friendly businesses/practitioners/products which they know of and which are not yet included, so the 1993 directories will be even more useful.

## BACK TO BASICS WEEKEND AT ONTOS

This Australia Day long weekend will be the occasion of the first Back to Basics '93 Festival at the Ontos Health Retreat in East Gippsland, Victoria. Based on the inspiration of *Grass Roots* magazine and the variety of topics and information exchange contained on these pages, the festival will bring people together to share ideas, skills, and fun in a beautiful farm setting. From Jan 30 until Feb 1 there will be a full range of speakers, demonstrations, classes, and activities covering a diverse range of topics. Organisers are hoping that this will become an annual event for people wishing to share with one another the challenges and knowledge that have been gleaned through putting ideas into practice. From health and wellbeing to food production and crafts, the weekend should be a special event for everyone. If you would like to learn more about Back to Basics '93, set up a display, or just come and join us, please book in advance so Ontos can cater for space and meals. Ontos offers a range of facilities from motel units and cabins, to camping. Families are most welcome, but no alcohol please. Phone Ontos on 051-550-275 or write c/- PO, Buchan 3885.

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# A LOW COST LUXURY CHRISTMAS



by Marja Fitzgerald, Upper Mongogarie, NSW.

Christmas is the best excuse there is for eating and drinking treats that are not part of your normal healthy diet. Nevertheless a few modifications such as substituting wholemeal for white flour will make the usual Christmas fare healthier and just as delicious. By making your Christmas goodies yourself you will not only save money but ensure good ingredients and no added nasties such as preservatives. I hope you enjoy trying some of these health modified traditional Christmas treats.

## WHITE CHRISTMAS

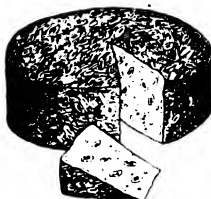
- 2 cups puffed rice or puffed wheat
- 1 1/2 cups mixed fruit
- 1 cup milk powder
- 2 cups shredded coconut
- 250 g (8 oz) copha



Mix well together all but the copha. Then melt copha and add to other ingredients, mixing it in quickly. Press mixture flat in tray(s), ideally it should be about 1 1/2 cm thick. Cut into squares when set.

## EASY CHRISTMAS CAKE

- 2 cups sultanas
- 2 cups seeded raisins
- 1 1/2 cups lightly chopped pitted prunes
- 3/4 cup citrus peel (preserved)
- 3/4 cup glace cherries
- 1/2 cup brown sugar
- 1/4 cup rum
- enough sweet wine to cover fruit
- 1/2 cup rolled oats
- 2 1/2 cups plain wholemeal flour
- 5 tsp homemade baking powder (2 tsp cream of tartar to one of bicarb and one cornflour – see GR 91, p 29)
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/8 tsp ground cloves
- 6 eggs
- grated zest from 2 oranges or other citrus, if organically grown.



Soak the brown sugar, zest and fruit, except cherries, in the wine and rum overnight. In the morning cut half of the cherries in half and add all cherries and the rolled oats to the fruit and soak for at least 2 hours. Put the wholemeal flour into a bowl. Put the baking powder and spices in a cup, mix thoroughly, add 1/2 cup of the flour and mix again. Add this mixture to the flour in the bowl and stir well. Beat the eggs and stir into the fruit mixture. Gradually add the flour mixture, stirring well. Put into 2 greased loaf dishes (a third may be necessary) and cook at 180°C (350°F) till done (about 1 1/2 hours, depending on the kind of stove). Remove from dishes and when cool sprinkle a tablespoon of rum over each upturned cake bottom.

Note. If you wish to avoid using wine or rum the fruit can instead be soaked in pure fruit juice and the final addition of rum be omitted.

This fruit cake is very moist and, with the additional Brandy

Butter or the less traditional Cream Whip Marangaroo can be heated and served as Christmas pudding. It is considerably easier to make than the traditional pudding, just as tasty, and has the advantage of being dual purpose.

## BRANDY BUTTER

- 125 g (4 oz) unsalted butter
- 3/4 cup brown sugar
- 2 tbsp brandy (or rum, or orange brandy – see later recipe)

Soften (but do not melt) butter then beat well, gradually adding sugar. Add brandy, slowly beating well. Store in fridge till required. It keeps well. This is also called 'Hard Sauce' or 'Rum Butter' if using rum.

## CREAM WHIP MARANGAROO

This is a delicious non-alcoholic sauce that requires a blender.

- 1/4 cup almonds
- 1/2 cup pawpaw pieces
- 2 or 3 pieces drained or crystallised ginger
- 1 dsp honey
- 1/2 litre cream

Blend until cream is thick. Be careful not to allow cream to start turning to butter because of over-whipping. If this happens it still tastes good but the texture and appearance are not as appealing. Note: If pawpaw pieces are unobtainable, use dried apricots that have been soaked (in wine or juice) overnight. This whip makes a beautiful topping but is also a lovely dessert all by itself.

## HERB MAYONNAISE

Now that salads have become common for Australian yuletide fare, a tasty homemade mayonnaise is useful to have in the fridge around Christmas time. You need to use a blender for this recipe.

- 1/3 cup lemon juice or apple cider vinegar
- 2 cups olive or other vegetable oil
- 2 eggs
- 1 tsp sea salt
- 1 tsp mustard
- pinch cayenne pepper or fresh pepper(s) to taste
- 5-30 cloves of garlic
- thyme, marjoram, chives or any other herbs of choice

Put all the ingredients, except 1 1/2 cups of the oil, into the blender. Blend for approximately a minute, then feed in the rest of the oil in a thin trickle while continuing to blend. Stop when oil is no longer mixing or is all used.

Note. This mayonnaise usually keeps for a couple of weeks in the fridge, longer if you have used plenty of garlic.

## HOMEMADE LIQUEURS

I make my liqueurs from shop-bought Australian brandy. Australian, because it has good flavour, is safe, and is cheap. You may be able to find cheaper imported brandies, but beware – only Australian brandies are guaranteed to be made from

grapes. Overseas brandies may be made from anything as they are not regulated. Often it is possible to make two end products from the same process, namely, a brandied fruit and a liqueur, as shown in some of the following recipes. Some of these recipes need several months of steeping so they won't be ready for this Christmas, however they also make great gifts for any occasion through the year.

### CUMQUAT BRANDY

- 1/3 litre cumquats
- 1 cup brown sugar
- 1 x 750 ml (24 fl oz) bottle of brandy
- a litre jar



Pick enough ripe cumquats to 1/3 fill a litre jar. Only use unsprayed fruit. Wipe any dirt off the skins with a clean damp cloth, then prick the cumquats about a dozen times each. Use a sharp toothpick, and prick right through the skin. Add sugar, then brandy, and stir till sugar is dissolved. Screw the lid on well and leave to stand for at least 2 months, preferably half a year. Remove the fruit as needed; it is great with desserts.

When all the fruit is used, leave liqueur a week or so to settle. As you have used brown sugar a bit of sludge will form at the bottom. Decant very carefully into a bottle, leaving the sludge behind. This can be used as flavouring in desserts where the lack of clarity isn't seen. In the bottle you will have a delicious cumquat liqueur, marvellous as a special after dinner treat.

### ORANGE LIQUEUR

- 4 unsprayed freshly picked oranges
- 1 cup brown sugar
- 1 x 750 ml (24 fl oz) bottle brandy
- 1 litre jar



Grate the rind off the oranges. They need to be fresh to ensure plenty of flavour-giving oil in the skin. Wipe off any dirt with a clean damp cloth. Be very careful to grate only the coloured part of the skin, the white imparts too much bitterness. Place grated rind in a litre jar, add sugar and brandy, and stir till sugar is thoroughly dissolved. Leave to stand for 6 months. By this time the orange rind will be sitting on the bottom, along with some sugar sludge. Carefully decant into a bottle, leaving the sludge for use in desserts.

### STRAWBERRY LIQUEUR

- 1/2 litre (2 cups) strawberries
- 1 cup brown sugar
- 1 x 750 ml (24 fl oz) bottle of brandy
- 1 litre jar



Take the green parts off the strawberries wash them and place them in the litre jar till it is half full. Add the sugar and brandy and stir well. Leave. Strawberries tend to change colour with time during this process, so try to catch them at the first sign of colour change. Because this doesn't take long, you will need to soak a second, third and possibly fourth batch of strawberries in the brandy to achieve a strong enough flavour. At each subsequent soaking add a heaped teaspoon of brown sugar and a little brandy to replace that removed inside the strawberries. The strawberries will make delicious eating. Even if they have discoloured you can still use them, perhaps blended with cream and a few drops of beetroot juice to replace the lost colour. Their taste is delightful whatever the colour.

When the liqueur is flavoured to your taste, leave to settle

for a week then decant gently into a bottle, leaving the sludge to use in desserts.

### FITZGERALD'S IRISH CREAM

- 2 heaped tsp cocoa
- 2 rounded tsp instant coffee powder
- 2 tsp vanilla essence
- 1 mug brandy
- 1 tin sweetened condensed milk (400 g)
- 300 ml (1/2 pt) cream



Place cocoa and coffee powder into a mug and stir together. Add vanilla essence and enough brandy to make a paste. Mix till smooth. Gradually add brandy, mixing it in well each time, till mug is full. Pour into bowl. Add condensed milk, stir till mixed. Add cream. Mix till smooth, pour into bottle. This makes about 800 ml of Irish Cream. Keep in fridge. Leave 24 hours to gain flavours, then drink within 10 days. You won't find this difficult.

The above selection of yuletide treats should keep you busy in the kitchen for days. Most of them can be made well before Christmas and so allow more time to enjoy the actual day. May Christmas 1992 be very happy for you, and I hope these treats will add a bit of extra pleasure.



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When sewing heavy materials such as jeans or upholstery fabric, rub the seams and sewing lines with a bar of hard soap. The machine needle will go through easily without breaking.

Hilda Bracewell, Torrington.

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# PEAS IN A POD

by Pamela Odijk, Mt Morgan, Qld.



Shop bought toys are expensive, often shoddily made and do little to excite a child's imagination. After searching for gifts for two small boys, I decided to invent something myself. These peas in a pod are inexpensive and easy to make. The children loved them as the eyes gave everything 'personality', and the toy is soft, light, safe and washable. The peas can be used as little balls to throw and catch or to aim at a target, such as a waste paper basket. 'Pod' zipped up with the peas inside makes a soft cuddly toy, and the handle at the top of the pod enables it to be hung up and to be easily carried around. Make sure you sew the eyes on securely as very small children may chew them off. Alternatively, make applique eyes with small pieces of felt.

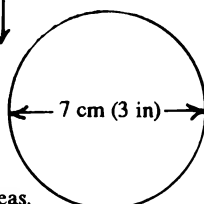
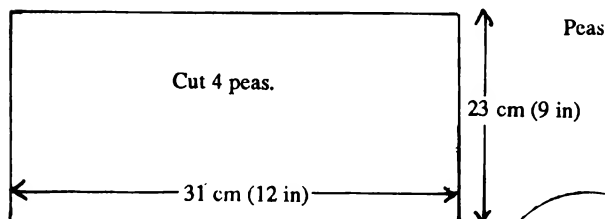
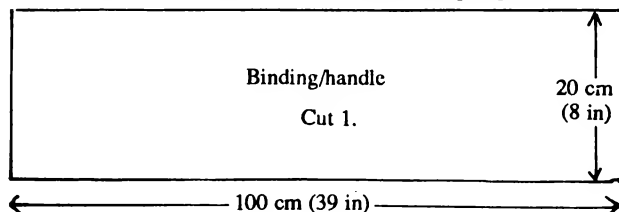
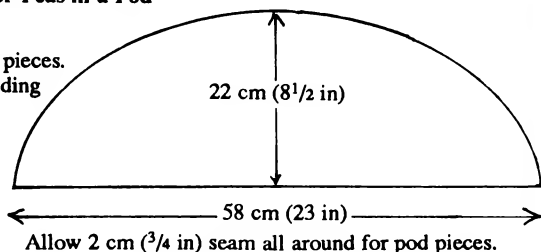
## MAKE A POD OF PEAS

### Materials

- 2 metres, 115 cm wide material (I used poplin, costing \$2.99 per metre.) and matching cotton
- 1 pkt polyester fibre filling for soft toys (About \$2.98 and is more than you will need for one lot of peas in a pod.)
- 1/2 metre of quilting wadding (about \$2)
- 60 cm zip (These are often found on remnant and sale tables. I bought mine for 50 cents.)
- 8 small sew-on eyes – about 70 cents per pkt
- 2 large sew-on eyes – about 70 cents per pkt
- Or, 1 white and 1 black square of craft felt for applique

### Pattern for Peas in a Pod

Pod  
Cut 4 pod pieces.  
Cut 2 wadding  
linings.



Cut 8 top & bottom finishing pieces for peas.



The peas can nestle in their pod or be played with separately.

### Cutting Instructions

**Pea pod:** Cut 4 pieces of the pea shape in green – allowing 2 cm (3/4 in) seam allowance all around. Cut 2 pieces the same as the pea shape from the wadding.

**Binding:** Cut one combined binding and handle strip.

**Peas:** Cut 4 pieces 23 x 31 cm (9 x 12 in) and cut 8 circles 7 cm (3 in) in diameter.

### To Make Up

**Pod:** Pin two pieces of pod together along the curved side, right sides together. Sew. Repeat with the remaining two pieces. Turn these 'pockets' right-side-out and pin together at the top.

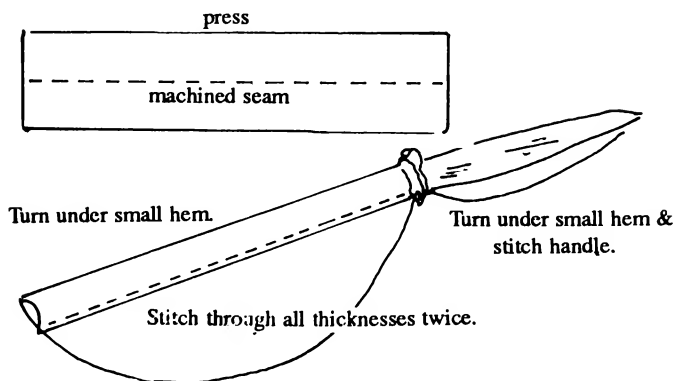
Pin the zip in place along the curved side (allowing a little space at the top and bottom to open from the top. Tack securely in position, then sew in place with your machine using the zipper foot. Sew the spaces together which have been left above and below the zip.

Insert the wadding pieces and pin them into position from the outside so they will not slip when the binding/handle is attached to the straight side of the pod.

**Handle:** Fold the binding/handle with the right side inside and



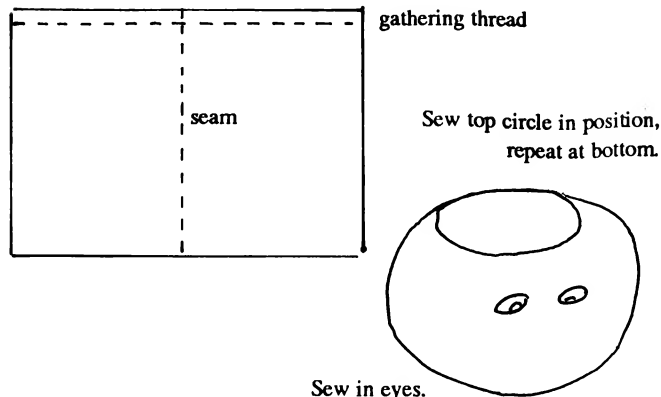
sew along the entire length. Turn inside out and press so that the seam is in the centre.



Turn under a small hem at the bottom and pin the binding along the straight side of the pod with the seam hidden on the inside, making sure that you pin through all thicknesses including the wadding. Tack into position and then sew along tacking line twice.

Turn under another small hem at the end of the remaining strip which forms the handle, and sew into position at the top of the pod. Sew two large eyes in position on the pod. The pod is now finished.

**Peas:** To make the peas. Overlock the top and bottom edges of each pea. Then fold each pea with the right sides inside and sew along the seam twice. Turn right side out.



There are two circles for each pea (top and bottom). Overlock around the circles. The peas then have to be finished by hand. Sew a gathering thread along the top of each pea, gather it up and finish off securely. Fill the pea with polyester filling, then gather and secure the bottom of the pea in similar fashion. Pin a circle to the top and turning a small hem under as you go, hem the circle to cover the top gathering of the pea. Do the same at the bottom. Sew two eyes into position. Make three more peas and place them inside the pod so when the pod is opened, four little peas sit snugly peeping out. Zip up the pod.

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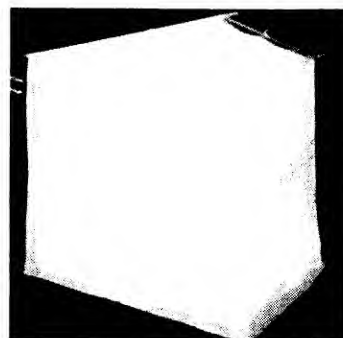
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# HOME SCHOOLING AN ALTERNATIVE

by Lyn, Judith, Marian and Marg, Wangaratta, Vic.

Why do people take or keep their children out of school? Mostly for three main reasons: They think that raising their children is their business and not the government's. They enjoy being with their children and watching and helping them learn and don't want to give that up to others. They want to keep them from being hurt mentally, physically and spiritually. Before the industrial revolution, all people learnt at home or from a skilled craftsman as an apprentice. Schools were an invention of the industrial revolution. The production line model was applied to everything from ball bearing factories to symphony orchestras. In the nineteenth century, the mechanistic model – all of nature and the universe is but a complex machine – coloured all actions and thought. But people are not ball bearings. Today we know that the universe is not a machine and not everything can be known. Children are not all the same and they don't all share the same interests on the same day. They learn best from someone who knows the subject, not from other young children and adults who have to put all their energy into controlling a large group in a classroom.

Your home still provides, as it always did in the days of master craftsmen and cottage industry, the best possible environment for a young child to learn. Home is safe and secure with the very best role models – Mum and Dad. Home schooling in Australia, as throughout the world, has increased tenfold over the last few years. Parents dissatisfied with the education system today, parents who see their children becoming withdrawn and unhappy and many ex-teachers who have seen the education system from the inside are refusing to send their children to school. By the way we (and most other home schoolers) are a group of very ordinary people: professionals, businessmen, ex-teachers. We are not fanatics or religious cranks. We care about our children as individuals and care about their happiness and their future. We will try to answer some of the questions most commonly asked by parents with similar concerns.

## THE LAW

In most states of Australia home schooling is an accepted form of education and local governments are generally very helpful. This is so in WA, SA, Victoria, Tasmania and NSW. If you wish to home school in these states you can simply contact your regional education office and inform them of your intentions. They will arrange a time to meet with you and legalise the situation. In Queensland at the moment the law states that to legally teach a child at home a parent must fulfil one of three criteria:

- Be a registered teacher or,
- Employ a registered teacher to tutor the child or,
- Enrol the child in the school of distance education.

If you decide to notify the education department that you are educating your child at home we suggest that you get yourself organised first. Spend some time clarifying your ideas. You need to show the department how you are educating your children and that all the subject areas are being covered. It is

important that you feel confident and positive about what you are doing as many inspectors are unsure of their role and are ignorant of the differences between home and school education. They may try to impose a school regime at home since that is all they know. We strongly recommend that you prepare something in writing for the inspectors where you briefly set out your objectives, methods and means of evaluation. More detailed information and samples of what other families have successfully presented to the inspectors is available at the office of AERG (Alternative Education Resource Group – Hawthorn, Melbourne. There are similar groups in other states.)

## DO WE NEED QUALIFICATIONS?

No (except in Queensland). Parents teach their kids to walk, to talk, to be toilet trained, to participate fully and help in their world and often to read and write long before they go to school. It seems only natural that parents continue their child's education. We know our children's strengths and weaknesses and can provide a continuity in their learning that is impossible in school. Research shows that the best teachers are those who have enthusiasm and love for their subject and this does not always come with a teaching qualification. Parents do not see themselves as experts on everything. There are many resources in the community to draw on. Within our own group we hire the local heated swimming pool in winter, the gymnasium (complete with qualified instructor) and other sporting venues that our children show an interest in. A retired art teacher teaches them art and drawing and we take them to visit authors, factories and naturalists in the area. There are a wealth of people in the community who are happy to share their special knowledge with our children.

## SOCIALISATION

What about socialisation? This is usually the first question people ask when they discover you are teaching your children at home. Indeed socialisation is one of the main reasons people home school. Social life in school is often mean-spirited, competitive, exclusive, status seeking, snobbish and full of talk about who went to whose birthday party and who is talking to whom and who is not. (In secondary school it is who is kissing whom and who is not). Do we really want this peer group pressure and negative socialising for our children? What do we want for them? What we want is for them to be able to share possessions, friends, time and effort with others they may not necessarily like. To be a good sport, to be able to wait your turn, to give and take, to be able to co-operate with others, to care about other people and include those that are left out and to have freedom for themselves. Skills like that are learnt from adults, not peers.

Now you can ask yourself these questions: Do we as adults mix with people on a frequent basis (of our own choice) whom we don't like? Would we tolerate or perpetuate a friendship or acquaintance that leads to physical or mental abuse? Would we go to a place where our self-esteem was attacked nearly every time we went there, day after day? Is your answer 'no'?



# SAVOURY SNACKS

by Pamela Odijk, Mount Morgan, Qld.

Strangely, most cooking results in sweet things – cakes, desserts, sweet biscuits, puddings and the like. One really has to search to find savoury biscuits, snacks and nibbles that everyone, including children, can enjoy at any time and which can also be served on special occasions, such as Christmas and party time. Here are some of my tried and true savoury recipes which have stood the test of time and have been given the taste test of approval from countless ‘nibblers’. In fact most of these have found a place at my own daughter’s birthday parties.

## CHEESE ROUGHS

- 1 cup SR flour
- 250 g (8 oz) butter or margarine
- 1 egg
- 1/2 cup milk
- 1 cup grated cheese
- 1 cup coconut
- salt and a little cayenne

Beat the butter to a cream and add the egg and milk gradually. Then add the sifted flour, salt and cayenne pepper. When combined, add the coconut and cheese. Mix well and place in small teaspoonsful on a greased biscuit slide. Bake in a moderate oven for 20-25 minutes. Remove onto a cake cooler. Store in an airtight container.

Although nice as savoury biscuits on their own, they are an ideal accompaniment with a cup of soup for a quick lunch or for the children’s lunchbox – however you might need to omit the cayenne pepper if they are intended for small children.

## DEVIL’S FOOD

This recipe also makes an attractive present placed in a glass jar and decoratively wrapped.

- 1/4 cup cooking oil
- 1 dsp (or more) of curry powder
- salt and freshly ground black pepper
- 1 packet of ready to serve noodles
- 1 packet of small savoury biscuits
- 1 large packet of peanuts or mixed nuts
- 1 tsp cayenne pepper

There should be about four cups of nut, noodle and biscuit mixture. Heat the oil in a frypan. Add the curry powder, cayenne and other seasonings. Saute for one minute. Add the rest of the ingredients and saute for about five minutes, turning all the time with a fork and egg slice until all the ingredients are well coated with the spicy paste. Allow to cool and place in airtight containers (in the freezer if you wish).

## CHEESE STRAWS

- 125 g (4 oz) plain flour
- 1/2 cup grated cheese
- 1 egg
- cayenne pepper to taste
- 60 g (2 oz) butter or margarine
- 1 tbsp grated parmesan cheese
- pinch celery salt
- water or a little lemon juice to mix
- extra egg or milk to glaze

Sieve the flour and seasonings. Rub in the butter (or process



in a food processor) until the mixture resembles fine breadcrumbs. Add the cheeses and bind with the egg, adding a little water or lemon if necessary. Carefully roll or press out until less than 1 cm thick on a greased biscuit tray. With a sharp knife cut into narrow fingers about 5 cm long. Glaze with extra egg or milk and bake in a hot oven for 10-12 minutes. Allow to cool for 2-3 minutes and remove to a cake cooler using an egg slice. Store in an airtight container.

## THIN SWEET POTATO CHIPS

The Americans call these Saratoga Chips.

- 2-3 sweet potatoes, use the white ones, preferably those with white skins
- cooking oil
- salt and a little cumin

Peel and slice the sweet potatoes very thinly either with a knife or use the slicer blade of a food processor set on very thin. Fry the chips in hot oil until golden brown and crisp. Drain on paper towels and sprinkle with salt and cumin. I have not stored these – there were never any left over.

## INDIAN FRIED BREAD

- 350 g (12 oz) plain flour
- 2 tbsp oil or ghee
- oil for deep frying
- 1/2 tsp salt
- about 175 ml (6 fl oz) hot water

Sift flour and salt. Rub in the oil or ghee and mix well. Slowly add enough water to form a stiff dough. Knead for about ten minutes until it is soft and pliable. Roll out the dough on a floured board a little at a time and cut into circles with a scone cutter. Roll each of these circles twice again to make them very thin. Stack these but make sure there is sufficient flour between them to prevent them from sticking together. Heat the oil in a saucepan or frypan and fry each circle on both sides until golden. Press each circle with the back of an egg slice as soon as it begins to cook, as this makes it puff up. Drain on paper towels.

These can be eaten warm with a curry or cool as a snack on their own or dipped into chutney or savoury dipping sauce. They will keep in the fridge for several days or can be frozen.

## QUICK PUFF PASTRY SAVOURY

- 2 sheets of frozen puff pastry (or make your own)
- chopped peperoni sausage (or substitute bacon etc)
- grated cheese (1/2-1 cup)
- 1 onion, peeled and chopped
- egg to seal and glaze

Place one sheet of thawed puff pastry on a greased oven slide or swiss roll tin and brush with beaten egg. Sprinkle over the



cheese, peperoni and chopped onion, leaving about 2 cm around the edge to seal. Place a second sheet over the top and press down firmly to seal all edges. Glaze the top with the remaining egg and sprinkle with a little cheese and paprika. Bake until golden brown. Can be eaten warm or cold cut into slices.

#### AVOCADO SPREAD

- 1 ripe avocado
- 1 med onion, peeled and chopped
- salt and pepper to taste
- juice of one lemon
- 2 hard boiled eggs, peeled and chopped

Mash the avocado flesh with the lemon juice and the hard boiled eggs. Add the chopped onion and seasonings and mix well. Serve with plain biscuits.

This also makes a nice sandwich spread. It will keep in the refrigerator for a day or so – that is if there is any left over. Do not freeze.

#### TOMATO CHILLI DIP

- 1-2 tomatoes, peeled and chopped
- 1-2 onions, peeled and chopped
- 1 tsp chilli powder
- salt and pepper to taste
- 1 tsp minced (or other) garlic if liked
- a little arrowroot dissolved in a little water
- oil for frying.

Fry the onion until transparent and add the tomatoes. Cook for a few minutes. Add the garlic and seasonings to taste. Thicken with arrowroot and water. Serve with plain biscuits.

#### CRAB MOULD

- 1 small onion, finely chopped
- 1/4 capsicum, finely chopped
- 3/4 cup celery, finely chopped
- salt and pepper
- 1 large tin tomato soup
- 1 cup mayonnaise
- 1 small tin crab meat, drained
- 250 g (8 oz) cream cheese
- 2 tbsp gelatine, dissolved in hot water

Soften the cheese and blend with the tomato soup until very smooth. Add the vegetables, mayonnaise and gelatine. Add the crab meat. Add salt and pepper to taste. Grease a mould and rinse with cold water. Pour in the crab mixture and allow to set. Serve as a dip or spread for French bread. Surplus can be stored in the refrigerator for a few days.

This also makes an acceptable lunchtime meal with plain biscuits. However, it does not make a satisfactory sandwich filling as it needs refrigeration.

#### ASPARAGUS MOULD

Use the same recipe as for Crab Mould, substituting 1 large tin of cream of asparagus soup instead of the tomato soup and 1 tin drained asparagus pieces instead of the crab meat.



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by W V Avenell, Bundaberg, Qld.

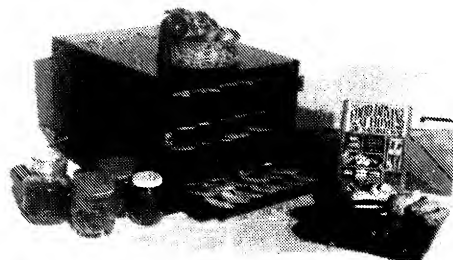
Carbon dioxide, CO<sub>2</sub>, dry ice (trademark). A very cold, white solid formed when carbon dioxide is greatly compressed and then cooled. It is used for cooling because it changes from a solid back to a gas without becoming liquid. Temperatures as low as minus 80°C (112°F.)

Planning a long, probably hot trip over a period of several days and you wish to take some highly perishable items with you? Frozen prawns, perhaps? Fresh meats? Fish – or some other goodies that will be 'off' in the heat of a car in next to no time, even in the Esky? Buy a kilo or two of dry ice ('carbon dioxide snow' to use the encyclopedic terminology). Here in Bundaberg the CIG gas people are stockists. It comes in loose granules or pellets around the size of dried peas. Place it in cardboard containers, clean one or two litre milk and fruit drink packs are ideal, clipping them shut with a common paper stapler.

*Do not place plastics in direct contact with dry ice; always have layers of papers or cardboard between.* Collect a quantity of large newspapers and a large open water bowl, quickly dip several sheets of paper into the water then wrap the still wet sheets about your cold pack. It will instantly freeze. Continue this until there is a heavy frozen wrap three to four millimetres thick. Direct air decays dry ice faster than warmth, contain the escaping gases and all in the Esky with it will last for days.

Dry ice in Bundaberg prices out slightly under \$2 per kilogram and a one litre pack holds about that amount. Use 1/2 kg ice to 1 kg of food. For long periods increase the proportions of ice. It will keep already frozen fish up to five days, so keep your cool while on the road.

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# NATURALLY NICE SCENTED DELIGHTS

by Cheryl Beasley, Karalee, Qld.



Natural fragrances are more pleasant than artificial, overpowering scents. A delicate scent lingers on one's memory. Toilet waters, scented oils, essential oils and perfumes can all correspond with your personality and lifestyle. Choose a few fragrances that sum up your personality and incorporate these scents into everything around you. Add fragrances to your clothes in the final rinsing water or place a cotton ball soaked in scent in the pockets of your clothes. Add sachets to all your drawers and linen cupboards. Place a few drops of essential oil on light bulbs, in creams, on doormats, curtains and in potpourris. Surround yourself with scent. Commercially bought perfumes are usually much too strong and expensive to lavishly use, so the answer is to make your own toilet waters, colognes and delicate oils. They also make wonderful personalised gifts for family and friends. Ensure everything you use is clean and avoid metal utensils.

## TOILET WATERS

Toilet waters can be as simple as using a flower infusion or for a more permanent water use pure odourless alcohol. This alcohol can be obtained from the chemist. Vodka too works well in place of the alcohol but ensure it is 100% pure vodka. Toilet waters can be used to scent clothes by adding  $\frac{1}{4}$  cup to the final rinse or for using in the bath or directly on the skin.

### Frangipani Toilet Water

- 1 tsp frangipani essential oil
- 100 ml (3 fl oz) pure alcohol

Add the frangipani oil to the alcohol and shake until combined. Place in a cupboard and leave for three to five weeks to prepare. This strong essence is watered down to create a very lovely toilet water. One teaspoon to two cups of water should give you a scented water.

Any fragrant essential oil can be used in place of the frangipani oil to create your own scented toilet waters. Leaving the mixture to mature is very important, don't be tempted to skip this procedure. Make a few different scented waters at each time so the process doesn't have to be slowly repeated for each water.

## CREAM PERFUMES

Cream perfumes make wonderful gifts and are also easy to carry in the handbag. Hunt around for small jars and containers that are suitable.

### Flower Cream

- 4 tbsp paraffin or beeswax
- 4 tbsp safflower oil
- 3 drops flower scented essential oil

Melt the wax in a pan over hot water and add the oil, stirring well. Remove from the heat and add the essential oil of your choice. Beat until cool and then place into a jar or container. Increase the amounts of this cream if you like the recipe.

## ROSE COLOGNE

- 2 tsp oil of rose
- 1 tsp oil of bergamot

- $\frac{1}{2}$  tsp oil of lavender
- 500 ml (16 fl oz) pure alcohol

Combine the oils and slowly beat the alcohol into the oil mixture. Bottle and leave in a cupboard for about eight weeks, shaking every now and then to encourage mellowing. This cologne can be diluted with water or used straight for a strong fragrance. Don't overdo it though!

## BUBBLE BATHS

It is not only children who love a deep, warm bubble bath. Many adults also enjoy the luxury of a relaxing soak. Bubble bath solutions can include oil for moisturising the skin while bathing and others can omit the oil to give a cleansing bath.

### Bubble Bath Oil

- 2 cups vegetable oil
- 3 tbsp baby shampoo
- 1 tsp fragrant oil

Combine all the ingredients in a blender and blend on high for approximately ten seconds. Use three tablespoons of this mixture under the running tap water.

### Relaxing Bubble Bath

- 1 cup baby shampoo
- $\frac{1}{2}$  cup chamomile infusion
- 5 drops lavender oil
- 1 egg yolk

Whisk together all the ingredients thoroughly and add five tablespoons to the running bath water.

For a quick bubble bath plain baby shampoo can be used alone. You'll only need two or three tablespoons of shampoo to make a lovely frothy bubble bath. It's cheaper to buy the cheapest baby shampoo you can than to buy commercial bubble bath preparations.

## CHOOSING AN ESSENTIAL OIL

We all have our own personal favourite fragrances that appeal to us, however every fragrance is designed to help in a certain way. Aromatherapy is an intriguing and wonderful art. Here is a short list that might surprise you:

- Bergamot: very refreshing and relaxing.
- Chamomile: relaxing.
- Geranium: relaxing and refreshing.
- Jasmine: easing, soothing.
- Lavender: restful.
- Lemon grass: stimulating and toning.
- Patchouli: restful.
- Rose: easing and relaxing.
- Rosemary: stimulating and refreshing.

Don't be limited to only one fragrance, combine the essential oils and create a fragrance that suits you and your personality. Use the mixture in all kinds of situations and enjoy the fragrance.

Essential oils are readily available from health food stores and specialist beauty shops. Also look in the Grassifieds for distributors of aromatherapy supplies.

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

Do any readers know of a natural way of eliminating lice in sheep? I've been able to find natural methods for horses (eucalyptus and ammonia) but not sheep. I'd be very grateful for your advice.

**Margaret Sabet**  
Leeton 2705.

We want to get some pheasant eggs and incubate them. We don't have an incubator, but do have Silkies which have been great mums. What is the incubation period and is there anything special we should be looking at doing? We've raised chicks before, also ducklings, but pheasants are a little more exotic and information hard to come by.

**John & Di Chambers**  
Townsville 4810.

*Pheasant eggs take from 22-27 days to incubate, depending on the variety. For example, Golden and Lady Amhurst take around 22 days, Reeves and Swinhoe 25 days, and the Ringneck and its derivatives 23-4 days. Set only sufficient eggs that the hen can cover – if any are protruding there are too many and the risk is that some will chill and the embryos die. Lift the hen off every second day if she is unwilling to leave, so she can eat, drink and void. This will accustom her to being handled and she will be less fussed after hatching should you need to handle the chicks. Because the eggs are so thick shelled they will benefit from a gentle sprinkling with lukewarm water on the last 2-3 days of incubation. This is particularly important during hot, dry weather. Once chicks hatch relocate the family to a clean coop if possible, otherwise clean out the nest debris, sprinkle lightly with Pestene insecticide, and reline with clean shavings. Feed chicks a mixture of mashed cooked egg with finely chopped parsley and chives for the first few days, then introduce crushed mixed grains and shredded greens. Like others of the game family, pheasants require a high protein diet; the addition of a handful of fresh maggots daily would be beneficial. Game chicks stay with their mother for longer than regular chicks so don't be in a hurry to wean the family. Two problems may be encountered as they grow. They may be at risk from blackhead, the disease which was covered in this column with regard to turkeys back in issue 90. There is a chemical preventative on the market which can be obtained from a veterinarian and which could be used while the chicks are with their Silkie mother, or alternatively, chopped fresh garlic in the drinking water has been successful with turkey poults and should prove similarly with pheasant chicks. The second problem that may arise is losing the growing stock when they become old enough to fly. Wing trimming works in the short term, but the only real solution is to wire in the tops of all yards used for this species. Don't forget to plant out their intended yards with shrubs and clumps of grasses. These provide protection from bullies in the group and later, privacy for laying hens. Further information is available in GR 62; p 51-2.*

We want to preserve some excess eggs and know the topic has been covered in past issues of GR, but help! Can you tell us which particular ones the info is in?

**Tracy Lucas**  
Esperance 6450.

Check in issues No 35; p 93; No 46; p 95, No 47; p 48 or No 93; p 51.

Last year we were troubled with flies breeding around some of our poultry pens and animal yards. We have a couple of containers for fly traps but aren't sure what should go in them for the lure. Any suggestions?

**Derek Forster**  
Tenterfield 2372.

*Some of the commercial fly traps provide a mixture with a strong fish smell and which is a powerful attractant. You could achieve equal results with a piece of aged meat or even a cup or two of sour milk. If you use baits that are chemical free they can be disposed of in the poultry yard, along with their victims, with little ado; a little more caution may be required with commercial preparations. It is recommended that traps are emptied weekly (or more if necessary) during hot weather.*

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# AUSTRALIAN GARDEN SEED INVENTORY

## A New Seed Saving Project

by Bill Hankin, Buchan, Vic.

In 1985 when I was in the USA I saw advertisements for something called a *Garden Seed Inventory* by Kent Whealy the founder of the American Seed Savers Exchange. At first I didn't quite understand exactly what an inventory was, but being interested in seeds and seed saving I bought one via mail order. The Inventory turned out to be a book listing all the nonhybrid vegetable varieties available for sale in the USA and Canada by seed companies. Reading it I discovered that there were 187 varieties of green bush bean available in North America and 59 different climbing green beans (not including runner beans). There were also listed 17 types of parsnips, 58 types of leeks, 72 kinds of potatoes, 283 kinds of squashes or pumpkins and 396 varieties of red tomatoes. In all there were about 400 pages of vegetable varieties.

For someone interested in organic vegetable gardening and seed saving this was the jackpot. I brought the inventory home with me from America and have used it ever since. It is the reference on open pollinated vegetable varieties. A second improved edition was published in 1988 and a third edition has just been published.

However there have been some major problems for Australian seed savers. Being North American, the Inventory does not list any of the peculiarly Australian vegetable varieties such as Hawkesbury Wonder green bean, Burnley Surecrop tomatoes or Callan sweetcorn grown by Dale Callander north of Orbost. The Inventory definitely doesn't list any of the 1100 traditional Australian heritage vegetable varieties found or rediscovered via the Australian Seed Savers Network. Thus it does not particularly help us to save our own Australian horticultural heritage which is increasingly being threatened. For example of the 225 vegetable varieties offered in *The Yates Garden Guide* in 1952 only about 55 are still commercially available. This process has accelerated over the last decade with the worldwide introduction of F1-Hybrids.

Last year when I visited Jude and Michel Fanton of the Seed Savers Network at Bryon Bay we discussed this problem. The solution we hit on was to put together an Australian Vegetable Garden Seed Inventory. At the time Michel and Jude were in the midst of adjusting to Byron Bay, putting all the seed saving records on computer and writing an Australian Seed Saving Manual. It was not the moment to take on a new major project. However, I did start to compile lists of varieties of vegetables. Being interested in various bean varieties, and being a bean 'curator' for SSN, I began by growing out, listing and describing the various bean varieties available in Australia. I also included varieties that were once commercially available in Australia but are not in the recent catalogues. This was spurred on by the visit of David Cavagnaro from the American SSE in February. I wound up with an inventory of some 120 bean varieties: green bush, dry bush, green climbing and dry climbing, butter bean and runner beans. About 30 of these are 'lost' – no longer available commercially. Meanwhile Graeme George, another SSN member, had also begun compiling a list of bean varieties available via Australian seed company catalogues. He devel-

oped a list of 45 varieties with a lot of overlap but also found some additional cultivars now unavailable commercially.

Finally in June this year I put together a unified list or inventory of bean varieties available in Australia. It is not complete. There are more bean varieties in the SSN seedbank and other varieties will turn up. They will all need to be grown out, described and compared. However a start has been made towards creating an Australian Garden Seed Inventory. I am working on developing an inventory of potato varieties in Australia – Yes there are varieties, you don't have to eat Sebago or Pontiac all the time!

I am trying to develop this Australian Vegetable Inventory along the following guidelines:

- The project be organised under the auspices of the Seed Savers Network.

- Include in the inventory all the open pollinated vegetable varieties currently available in Australia whether from seed companies or private sources (not F1-hybrids).

- I want *Grass Roots* readers in Australia as well as members of the Seed Savers Network and the organic associations, to help in developing the Inventory. I need particularly, persons who have specialist knowledge of major botanical groups of vegetables; for example peppers, beans, tomatoes, brassicas, potatoes, carrots, lettuces. Specialist growers can help by growing out many varieties in a group and recording descriptions of each variety grown. This will help to discover if the same variety is known under more than one name.

- It will be easier if the inventory is compiled in stages, concentrating on the vegetable family groups that I have most information on. Then I will move onto the lesser known ones.

- As each stage is completed I suggest that it be printed and distributed as a 'first draft'; perhaps via the Seed Savers Network Bulletin or by subscription. In this way I will be able to incorporate any corrections and information about any varieties missed.

- Financial help will be needed to achieve the publication of this inventory. I am willing to do the work involved without any payment. However I have already incurred out of pocket expenses: costs on phone calls, postage, stationery, buying seed and travel. I am seeking financial help from Australian seed companies, government bodies and philanthropic trusts to underwrite the project. I am also asking the various Organic associations throughout the country for help.

- In two or three years when I have compiled inventories for all the major groups I will proceed to publication of the final product: *The Australian Vegetable Garden Seed Inventory*.

The most important thing to say at this stage is I will need help and feedback. Please write or phone if you have suggestions on this project. I am especially interested in hearing from people who have seeds of heirloom vegetable varieties. These will be incorporated into the Inventory and reoffered via the SSN seedbank. My address for anyone who wishes to help or send seed is: 'Wombat Bluff', W-Tree, Via Buchan 3885. Ph: 051-550-227.

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# UNDER THE MANGO TREE

by Vanda Coyne, Ayr, Qld.

I have not long returned from visiting my daughter and son-in-law in Cincinnati, Ohio, spending more than three delightful weeks getting to know my new grandson, Cole. Now I am having trouble getting back into routine. Being naturally inclined to procrastinate is no great help either.

Hoping to check out some organic farms or gardens overseas, I wrote to various addresses that I obtained well before leaving Australia. I received only one reply, an almost indecipherable two lines scribbled on a three inch square of yellow jotter. It did invite me to visit I think, but the address was not legible. So, having to plan my plane tickets from this end I opted for a visit to the nation's capital, Washington DC, instead. My daughter Neila and I flew to Washington and spent a weekend wandering around the Smithsonian Institute, which is virtually a city in itself, comprising art galleries and museums, the Aeronautic and Space Museum, the US Mint, the Washington, Lincoln and Jefferson memorials, the Pentagon and the White House itself. We caught a brief glimpse of the Hope Diamond by standing on tiptoe and peering over lots of shoulders (it's deep blue) and stood gawking at the space rockets and the ungainly looking contraption wrapped in gold alfoil that was used to land a man on the moon. Right in the heart of the city, in front of the space museum, a few placid gardeners happily tended what appeared to be a community vegetable garden on one vacant acre. There were beans and corn, tomatoes and cabbages. Apparently no one robbed these gardens although there was no fence, because some of the vegetables had gone to seed. It made a delightful little island and there could not have been a greater contrast between it and the imposing and futuristic concept of the space museum.

A shuttle bus or series of buses ferried what seemed to be half of the American population, for it was the middle of the summer vacation there. The Potomac river divides the city and sadly the bitter fruit of the American Civil War is never more in evidence than as you cross over into Virginia. Here the former plantation home of General Robert E Lee and his wife, a great grand-daughter of George Washington, sits high on a hill overlooking the entire city. It is now a museum and the site of Arlington National Cemetery. Despite the constant tide of tourists the Lee home with its pillared portico and surrounded by gravelled walks and clipped hedges has managed to retain its poignant feeling of the past. In a glass case is a machine invented to make the dog tags now worn by all present day soldiers, so that, unlike the many thousands of unknown Civil War dead who lie here, they can be identified if killed. Poor Mrs Lee; I feel sure she would shudder to see this grotesque object sitting proudly in her parlour, still hung with its dusty laces and faded damask.

I found a new awareness in Ohio of the perilous state we are in regarding recycling. More effort was being made, with household garbage being sorted and bottles and cans driven to pick-up points along main roads and in sporting complexes etc. Too little, too late, I'm afraid. Television showed one of the gigantic freight trains being ordered out of Kansas. This train is just one of many which perpetually travel the eastern states, loaded with garbage from the city of New York, seeking sites

to dump its cargo. Stephen Spielberg is missing a great opportunity for a horror movie here.

Happily, one of the letters I wrote before leaving home did bring a reply. I found an invitation to a conference waiting for me from the Association for Research and Enlightenment Inc. The ARE as it is commonly called grew out of the work of Edgar Cayce, (pronounced Casey), the Sleeping Prophet, and began with a study group he founded in the early 1930s. I think it fair to say this institute would have been the cornerstone of most present day New Age thinking, alternative health care and massotherapy teachings and all avenues of personal and planetary healing. Edgar Cayce was a simple man, a professional photographer, gardener and Sunday school teacher who early in life found he had an amazing gift, the power to give healing and counselling advice both to himself and others – but only when he allowed himself to fall into a sleeping trance state! His life and 'health readings', as they are called, were given to all who needed them, many people contacting him as a last resort after failing to be cured by doctors. His work attracted many caring souls who carefully documented the individual stories which included many attested cures.

Eventually a hospital was built near the sea at Virginia Beach and this building is now the main offices of the ARE, still often partly staffed by willing volunteers, though Cayce himself died in 1945. A more modern complex, built to withstand the howling Atlantic winter gales, is now home to a magnificent library, with books on every possible health and metaphysical subject. Its conference rooms attract speakers on every possible subject. The course I attended, entitled *The Soul's Path*, included talks on anthroposophy by lecturer and author Mark Thurston, eurhythmics by Ruth Parkes and the teaching methods of the Waldorf schools, known as Steiner schools here in Australia. Everyone is welcome to visit the centre which is open seven days a week and also offers a beautiful meditation room and bookshop and a massage centre. Affiliated is the Atlantic University offering a master's degree in transpersonal studies, its curriculum including philosophy, holism, psychology and comparative religions. This can be done by correspondence. ARE welcomes members worldwide, for a very moderate fee, and to be on their mailing list gives a constant awareness of results of world research in all these and other fields. I paid \$140 American for my four day conference and I feel the richer for it. Interested GR readers can write to ARE, PO Box 595, Virginia Beach, VA 23451-0595.

*Regular readers will be disappointed to learn that this is Vanda's last 'Under The Mango Tree' article. Pressure of other commitments means she no longer has time to write for GR, but she has promised to keep in touch from time-to-time. Thanks Vanda, for over two years of humorous and helpful articles from northern Queensland and we all wish you well for the future.*

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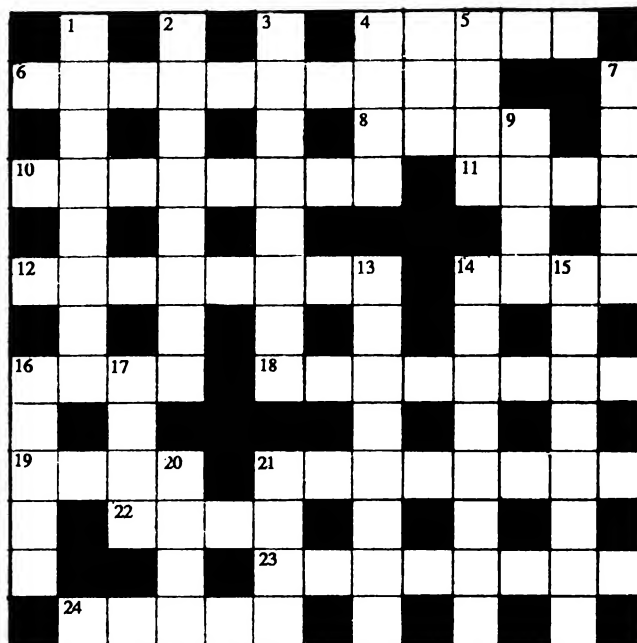
Hohenhaus Productions, PO Box 974, Bendigo 3550.

# CRYPTIC GRASSWORD

by M. Riley, Tanjil South, VIC.

- Across**
4. Land in water after a passage (5).
  6. Make up and face changes (8).
  8. Entice to take part (4).
  10. Boiler suits them for working (8).
  11. The base is under construction (4).
  12. Upright and in pain (8).
  14. Player's throw (4).
  16. They lay in comprehensive stock (4).
  18. Neighbouring state is stingy (8).
  19. Improvised play for sound performance (4).
  21. Painful parts notwithstanding (8).
  22. Rowing colour (4).
  23. Not crazy about not needing asylum (8).
  24. Way in which to confess (5).

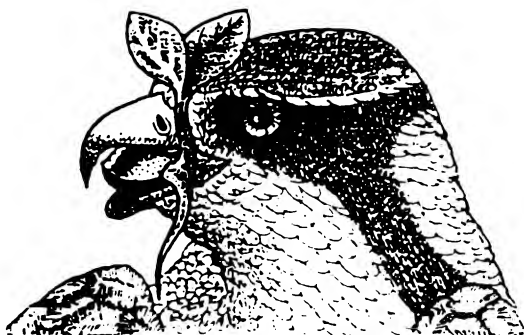
- Down**
1. Baby destroyer is no abortionist (8).
  2. Stamps hard to get (8).
  3. Amount charged in offence (8).
  4. Performances given by a different cast (4).
  5. No grounds for supporting craft (4).
  7. Entry due to charge (5).
  9. Ask the reason (4).
  13. Good watch needed for this job (8).
  14. Found understudy in mix-up (8).
  15. This state tends to shorten nails (8).
  16. Comb inside waxworks, could be rash (5).



17. Feeling out of touch (4).
20. Choice fruit (4).
21. No man better to groom (4).

*Solution on page 66.*

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QR12/92

# Browsing Through

by Colin Franklin, Ballarat, Vic.

**Shirley Svenssen**, here are two barley water recipes for you. Barley Water No 1: Wash 2 tablespoonfuls of fresh barley and soak for 4 hours in 1.14 litres (1 quart) of cold water. Boil the liquid till it is reduced to 600 ml (1 pint), strain and serve with lemon and sugar. It can be hot, cold or chilled. Alternatively, the barley water may be served with milk if preferred. (Lemon is inadvisable for infants). Barley Water No 2: Wash 4 tablespoons of pearl barley and place in a mixing bowl with a slice of lemon or orange peel and sugar as desired, and cover with 1.14 litres (1 quart) boiling water. Allow to cool. Strain the liquid and serve as above. A sprig of mint may be substituted for the lemon. Note, in either case the barley may be used in soup or in a pudding.

**Bernice Gow**, creaking floorboards are usually caused by weather conditions. New nails can be placed in the flooring if nails have rusted out. If gaps have formed in them they can be filled with wood filler, or thin strips of wood glued with PVA and planed or sanded down level. The other possibility is filling the cracks with paper mache. A very good book to read is *The Complete Australian Do-It-Yourself book of The Home*, by John McGowan and Roger Du Bern, ISBN 0-207 15202-0. Regarding a greenhouse, there are many good books available at your local library on this subject, in the gardening section.

**Barbara Edenson**, Tasmanian leatherwood seeds are available from Seederama, PO Box 3, Charlestown 2290 for \$1.10 a packet.

**Bill Higgins**, wanted to know about a sugar glaze, for glaze ginger. Use 500 g (1 lb) sugar to 350 ml (12 fl oz) water. This should be boiled to 38 degrees, but it is wise to boil up from 34 degrees as otherwise the quantity of water required is not really sufficient to dissolve the sugar properly. This glaze is used for glazing fruit and chestnuts. The sugar is ready when it begins to get white and grainy if you rub it on the side of the pan with a wooden spoon. To make candied fruits the usual allowance is 500 g (1 lb) sugar to 350 ml (12 fl oz) water: 33 degrees. These must not be above 34 degrees and should therefore be tested properly with a saccharometer. In making candy in large quantities it is well to bring the sugar to the boil and test, and then allow the syrup to cool and test again. Peel and core the fruit and cook in 300 ml (1/2 pt) of syrup till soft. Then strain off the syrup and add 30 g (1 oz) extra sugar and bring to the boil. Remove scum and pour this syrup over the fruit. Repeat this for 3 days and on the third day boil the syrup to 35 degrees on the saccharometer, pour it over the fruit which will then be ready for use when finally drained. Cherries, pears, gooseberries, apricots, etc, can all be candied in this way.

**Mrs Ron Warfield**, re your request for plans for a settler's or squatter's chair; plans can be found in *Australian Traditional Bush Crafts*, by Ron Edwards, ISBN 0-7018-0681-0.

**Anthony Davis**, with regard to your information concerning cumbungi grass: it is classed as a noxious weed in many states, blocking up dams, channels and drains.

**Susan Cox**, most TAFE colleges and technical schools have courses on leadlighting.

**Liz Hanlon**, I know of lawn fertilisers which will help cockchafers grubs come to the surface, but also there are several sprays in *Browsing Through*, GR 87.

**Bernice Faulkner**, regarding the drying of rosehips, they will just dry up to nothing at all. If you want to cut down on your sugar you could stew up your hips with some angelica leaves and reduce the sugar required to make your jam or jelly. Place the leaves in pectin bags if they're too sweet.

Regarding white cabbage moths on your vegetables, grow sage, rosemary and hyssop close to them. A spray can be made with 8 drops of peppermint essential oil to 600 ml water, boil and leave to cool, use 2 tablespoons to 4 litres of water in the usual watering method. I suggest you read the *The Fragrant Pharmacy*, by Valerie Ann Worwood.

Here are some answers to requests from GR 92 which I have traced in the meantime:

To make lentil porridge take 90 g (3 oz) lentil flour, 7 g (1/4 oz) butter, 600 ml (1 pt) water, pinch salt. Put the flour and salt in a basin with a little cold water, add the rest of the water, boiling, put it on the fire and boil for 10 minutes, stirring in the butter just before serving. Half lentil and half barley or wheat flour also makes a nice porridge.

To make candied chestnuts or walnuts you will need nuts, lemon juice, syrup. Take off the outer skin or shell, then put the nuts into a pan of boiling water for a minute or so till the skin comes off easily, then throw them into another pan of boiling water and boil till tender. Squeeze the juice of a lemon into a basin of lukewarm water and put the nuts when done into this. When cool, dry them, dip each in clarified sugar and lay on a slab to dry.

To keep a range in good condition for cooking it must be clean, free from ashes, soot and grease. The outside should be highly polished, the oven scoured with a strong solution of soda, hot water and soap. The flues should be well scraped with the flue rake and then brushed with the flue brush at least once a week. Soot being a nonconductor of heat causes a waste of fuel, stopping the draught when it is allowed to collect in the flues and on top or under the oven. Keep the bottom of the grate clear of dead ashes, as these stop the draught of air through the fire and cause loss of heat and therefore waste of fuel. Mix black lead with vinegar or turpentine (till of the consistency of thin cream) instead of water and have the range nearly cold before blackleading. A teaspoon of powdered alum diluted and mixed with the stove polish is said to give a brilliant shine.

For freckles and sunburn, shake the white of one egg with a little lemon juice. To a tumblerful of this mixture add one teaspoon of borax.

For chapped or rough hands, mix equal parts of eau de Cologne and glycerine. Keep in a well corked bottle. Rub a little well in at night. A good cream for face and hands is made from equal quantities of glycerine (or almond oil) with pure rendered mutton fat. Mix well and add eau de Cologne or any favourite perfume.



# Poetry

## SUMMER MOMENTS

A summer breeze sings softly  
In the garden of my mind,  
While murmuring a message,  
Words faintly undefined.  
Thoughts of long lost seasons  
Now pass on waves of light,  
Butterflies drift by me,  
Wings spread in fitful flight.  
Beneath the green clad branches  
I dream, with eyelids closed,  
Blinds drawn on tiny windows  
To shelter my repose.  
Such are these summer moments,  
Hours lost in idle dreams,  
The present, past and future,  
A web of tangled schemes.

Jean Opperman.

## MIDSUMMER LAMENT

Night air stirs against my cheek  
Cool, after long hot hours of day.  
Dry leaves rustle on the grass.  
A snake?  
Sliding out to meet its mate  
Hanging, crushed, on the wire fence?  
A copperhead, dead.  
Dead copperhead.  
The koala's cry is a desolate child,  
Forlorn, in the bush.  
And the shrilling bat is the plaintive pipe  
As the wombat treads his funereal pace,  
And bull-frogs mourn, 'He's gone! He's gone!'  
By the muddy hole in the bed of the creek.  
A star falls out of the sky.  
God's tear to touch my hand.  
My dog is dead.  
Bitten by the copperhead.  
Dead! dead!  
Dog and copperhead,  
Dead!

Mary Taylor.

## BALLAD OF THE NIGHT

The sun has gloried into velvet night  
And music rises from the earth.  
Wind whispers grow to swishing harmonies  
That gives the mystic evening birth.  
And the stars begin to dance to the melody of the night,  
Scintillating twinkle-toe, sparkling diamonds bright.  
She walks amid the fragrant flowers  
No thought of aught but beauty rare,  
He rises from the grassy windswept knoll  
Bows low to greet the maiden fair.  
And the stars begin to dance to the melody of the night,  
Scintillating twinkle-toe, sparkling diamonds bright.  
The lady moon sits regal on her throne  
Her feet encased in silver shoon  
Spangled imps peep from the milky way  
And listen to the lovers' tune  
Oh, the stars begin to dance to the melody of the night,  
Scintillating twinkle-toe, sparkling diamonds bright.

Elizabeth Von Leven.

## HAIKU

Woodswallows cluster  
on a long-dead branch  
comforting tree ghosts.

Diane Beckingham.

## FIELD

A field spoke to me  
of dandelions  
that had flown.  
And I  
caught in walls  
thought of blue skies  
and rivers.  
How good  
it would be  
to go  
away from here.  
Back to fields  
and dandelions.

Cathie White.

## RIVER PICNIC

Red river gums lazing around  
in frolicking friendship,  
branches intermingled  
pushing, shoving,  
trying to catch your reflections  
in the shallow water.  
Broken branches  
reclining at your feet  
listening to tales  
that no longer concern them.  
Lush green grass a tablecloth  
beneath your whispering,  
gently nudging river ripples  
watering your roots  
and oozing playful life  
into your giant limbs.

Margaret Ware.

## THE CRY OF THE PLOVER

The cry  
of the plover  
pierces  
the  
silence  
of  
the  
night  
such  
a  
lonely  
sound  
lying  
in  
the  
dark  
alone

K A Mason.



# Kids Pages

British and American children write to Father Christmas well before Christmas, listing the gifts they would like to receive. They hang up their stockings on Christmas Eve for Father Christmas to fill with presents. In Germany, however, it is the Christchild who brings their presents and the children write letters to him. To make the letters sparkle and catch the Christchild's eye, children put some glue on each envelope, then sprinkle it with sugar. The children go to bed on Christmas Eve, hoping that the Christchild will grant their wishes. French children often set up a 'creche' or crib with clay figures representing the Holy Family, the shepherds, the Three Kings and the animals. They help their parents to bring in the 'Buche de Noel', a yule log, usually of cherry wood, to burn on Christmas Eve. Then they put their shoes out for 'Pere Noel', to fill with gifts. Not everyone receives Christmas presents. Italian children have to wait for their presents until Epiphany, when the Three Kings visited Jesus. Then the good witch, La Befana, comes down the chimney, leaving presents for the good children, but lumps of charcoal for the naughty ones.

## COOKERY CORNER

### ASTONISHING ALMOND BARS

This recipe is from *Food, Glorious Food*, and is great for holiday snack food or as a delicious gift for a friend.

- 1/2 cup whole almonds (with skins still on)
- 1 cup currants or seeded raisins
- 1/4 cup dried apricots, chopped
- 3/4 cup chopped dates
- 1 cup sultanas
- 1/4 cup oat bran
- 1/4 cup dessicated coconut
- 1/2 tsp vanilla essence
- 1 tbsp milk
- 1/2 tsp cinnamon
- 3 eggs
- 2 tbsp wholemeal SR flour

Preheat oven to moderate (350°F, 180°C). Grease a baking tray (16 x 24 cm). In a bowl mix all dried fruit, almonds, bran, coconut. In another bowl beat 3 eggs, 1 tablespoon milk, vanilla and cinnamon. Mix in the flour. Add more milk if the mixture is too dry. Mix together the dried fruit and egg mixtures. Spread the mixture onto the baking tray. Press down well with a spatula. Cook for 18-20 minutes. Cool and cut into bars to snack on. You can wrap them in greaseproof paper and store them in an airtight jar.

## BOOK REVIEW

### Food Glorious Food, by Elizabeth Rabbits.

When Elizabeth Rabbits couldn't find a suitable book to explain food groups to children in an enjoyable way, she decided to write one. This fun book gives children basic information about many of our commonly used foods, including grains, pulses, nuts, meat, eggs, fruit and vegetables. This information is provided under the headings of Where Do They Come From? What Do We Do To Them? and Why Do We Eat Them? Beside the information page for each food is an activity page, which may consist of a recipe that children can make (some will need adult help), an experiment, or a craft activity. There are notes for parents and teachers to help children to follow up the information or activity provided. A map of the world is included to enable children to find where many of the foods originated or are now grown or used. The book is attractively presented and would make a great gift for any aspiring cooks; being both educational and entertaining adults will enjoy it too.

Published by Hale & Iremonger P/L, GPO Box 2552, Sydney 2001. RRP \$12.95 for the paperback and \$25.95 for the hardback.

The name Christmas is short for 'Christ's Mass'. A Mass is a kind of church service. Christmas is a religious festival. There are special Christmas services in Christian churches all around the world.

The idea of gifts at Christmas time may have come from the story of the three Wise Men. In some countries Christmas presents are not given until January 6, or Twelfth Night, the time when the Wise Men brought gifts to the baby Jesus. But many people think that the idea of Christmas gifts came from an old Roman custom. December 21 is the shortest day of the year. Right after that time days begin getting longer. The people of long ago were very happy when the days began getting longer. They thought of the return of longer days as the birthday of the sun. Christmas comes at just about the time the Romans were exchanging gifts to celebrate the lengthening of day.

Q. What do gorillas sing at Christmas?

A. Jungle bells, jungle bells...



## DECORATED POTS

If you used the instructions in the *Kids Pages* of the last GR to help you grow your own gifts for family and friends you should now have some healthy plants almost ready. If you planted seeds they may need to be thinned out and planted into bigger pots. Pull out and throw away any seedlings which look damaged or weak. Gently tip the rest out of the original pot and replant into a larger pot of prepared potting mix. Reread the instructions from GR 93 to help you do this, or ask an adult to help. Take care not to damage your plants and be sure to wash pots before use.

There are many ways you can decorate pots to present your gift attractively. Always wash and dry pots thoroughly before painting or pasting on decorations. If you decide to decorate pots with paint this is best done before putting your plants in them, so as to avoid painted plants. Pasting can be done before or after planting, but wrapping is best done shortly before giving the gift.

### Painting

Use any leftover oil based paints (water based will probably wash off). On your clean, empty pot draw or trace around shapes of leaves or flowers, or other decorative patterns, with



## THE CHRISTMAS WREATH

A decoration for the front door or window or for an inside wall, the Christmas wreath has its origins in the old-time 'mistletoe bough'. In olden days two barrel hoops were covered with evergreen sprigs, a symbol of eternal life, entwined with ribbons and decked with baubles and red apples. A sprig of mistletoe hung from the centre.

An effective door wreath can be very simply made and will look more elegant if you use only two or three colours in its decoration.

### You will need:

- 1 or 2 wire coat hangers (2 give a better base for tucking in ends)
- sprigs or trails of evergreen foliage (fir, pine, she-oak, spruce, holly and ivy can be used on their own or in a mixture)
- ribbons – 1½ m of each of two colours (red and green, red and gold, or gold and green are good combinations; tartans are also excellent)
- baubles, bells, painted nuts or seed pods.

Bend the wire hangers into circle shapes and tie them together at the top, bottom and sides with a little of the ribbon or some string. Cover the hooks by binding them together with ribbon, starting at the curved end of the hook. Hold about 2 cm of ribbon end against the wire and bind this end under. Tie a neat knot where the hook joins the circle. Twist the greenery in and out and around the two circles of wire. Work around the circle several times until no wire is showing and the shape is nice and fat. Loosely twist ribbons around the greenery leaving long trails of each colour at the bottom. Add baubles, bells or painted nuts and seed heads, or a mixture, at the top, sides and bottom and your wreath is complete.

a chalk outline. Paint the shapes with a small brush. Colours toning with the colour of the plant or flower are great.

You can also use a spray can of gold or silver paint. Either paint the whole pot or, place a stencil on the pot (hold in place with Blu Tack), spray around it, and remove the stencil to leave a design.

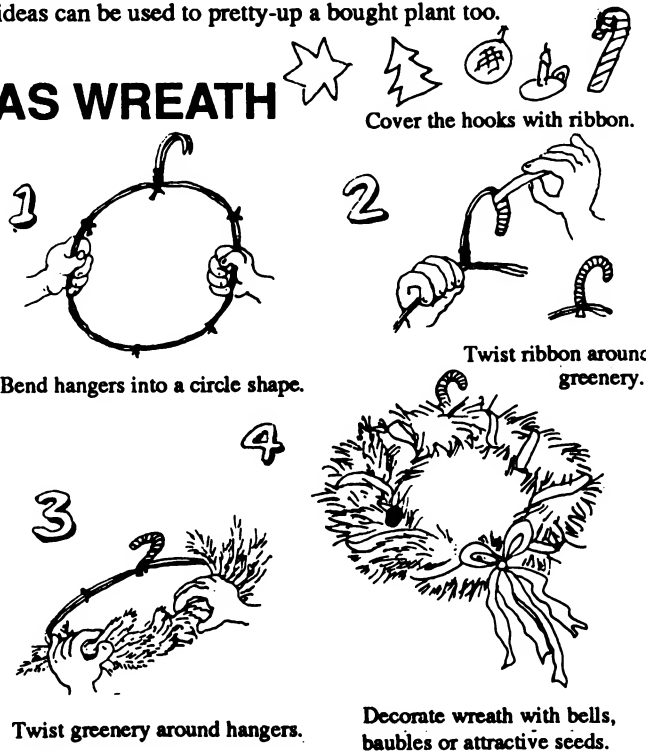
### Pasting

You can cut out designs from old garden books or Christmas or birthday cards, and use craft glue to stick them on the pot in an attractive design, perhaps all around the edge for smaller shapes for in one large central picture. To make your design durable you can paint over it with Estapol.

### Wrapping

This can be either bought or homemade, as described in the *Kids Pages* of GR 88. Wrap your paper around the pot and tie it with a big bow or with curling ribbon. If you have grown a herb you can neatly write on a piece of card what it is and how it can be used, decorate the card and tie it to your plant.

Of course, if you haven't grown your own plants all of these ideas can be used to pretty-up a bought plant too.



**NOTE:** This wreath is part of a traditional winter Christmas, and one of its purposes was to bring nature inside at Christmas time. For those who enjoy Christmas in summer, there is a far wider choice of materials: Red and green Christmas bushes and bells, stalks of wheat and everlasting daisies provide just some of the natural beauty which can be celebrated in summer Christmas wreaths.


These craft ideas are from *Craft Your Own Christmas* by Mary Coleman, published by Angus & Robertson. It has recently been rereleased and should be in bookshops and department stores.

# While the Billy Boils...

In the Christmas spirit of sharing, we have each chosen one of our favourite festive recipes to share with you. These need not be reserved for Christmas day only, but are suitable to serve on any occasion during the warmer months. Happy eating.

## ORANGE AND APRICOT PUNCH

There is nothing more refreshing on a summer day than a fruity punch. Vary ingredients according to taste, imagination and fruits in season.

- 
- 2 cups orange juice
  - 2 tbsp lemon juice
  - 425 ml can apricot nectar
  - 1 apple, quartered, sliced, or 1 cup sliced, fresh apricots
  - 2 x 285 ml bottles tonic water



Combine juices and apricot nectar in bowl, add apple or apricot. Refrigerate for at least 1 hour. When ready to serve, stir in well chilled tonic water. Float mint leaves on top before serving. Makes about 1½ litres.

Gail.

## TZATSIKI

(Greek cucumber and yoghurt dip)

We always enjoy this refreshing dip before Christmas lunch, while opening our presents.

- 
- 
- 5 cups (500 ml) plain yoghurt
  - 1 med green cucumber
  - 1 tbsp lemon juice
  - ½ tsp salt
  - 2 tsp fresh garlic
  - ¼ tsp ground black pepper
  - 1 tbsp chopped fresh parsley



Semi-peel cucumber allowing some of green underskin to remain. Slit cucumber in half, seed it, and grate coarsely. Squeeze out excess moisture. Mix with yoghurt and remainder of ingredients. Serve with pita crisps.

**Pita Crisps:** Split pita bread in two, brush rough side with oil or butter and sprinkle with lemon pepper and sesame seeds. Cut into small triangles and pop into oven until crisp.

Celia.

## FIESTA SALAD

A colourful pasta salad which looks most attractive and appetising on the party table.

- 
- 
- 250 g (8 oz) Vegeroni spirals or small shell pasta
  - 1 cup zucchini, diced
  - 1 cup cooked kidney beans
  - 1 red capsicum, finely diced
  - 1 cup cherry tomatoes or firm tomatoes, diced
  - ½ cup cooked peas
  - ½ cup corn kernels
  - 2-3 cloves garlic, crushed
  - basil, 1 tsp dry or 1 dsp fresh
  - ground pepper, finely ground
  - 1 cup (approx) dressing of your choice



Cook pasta according to directions, making sure it's 'al dente', not soft. Rinse under cold water, drain well and leave to cool. Blanch zucchini, drain and cool. Mix crushed garlic,

basil and pepper into dressing (I use a combination of French dressing and mayonnaise). Combine all ingredients in a large bowl. Add dressing, adjust seasoning to your taste. Refrigerate until ready to serve.

Marg.

## ICE CREAM PLUM PUDDING

This rich but refreshing Christmas dessert, makes a great alternative to the traditional hot plum pudding and can be made weeks in advance.



- 
- 
- 1 tbsp cocoa
  - 2 tbsp hot water
  - 375 g (12 oz) mixed dried fruit
  - 1 tsp each cinnamon & nutmeg
  - 2 tsp mixed spice
  - 3 tbsp brandy, rum or sherry (optional)
  - 6 egg whites
  - ⅔ cup castor sugar
  - 600 ml (1 pt) thickened cream

Dissolve cocoa in the hot water. Mix with the fruit, spices, brandy rum or sherry. Allow to stand overnight. Beat egg whites until stiff. Slowly beat in half the sugar. Beat the cream with the remaining half of sugar. Carefully blend all ingredients together. Place in a bowl which has been lined with foil. Freeze until solid. To turn out, run warm water over the base of the bowl. Ease out onto a plate. Remove foil. Serves 8 to 10.

Christine and Mary.

## FESTIVE BREAD

This is a bread which ends up as a biscuit, very crisp and airy and suitably colourful for any festive occasion. Makes about 48 slices.

- 
- 
- 3 egg whites
  - ⅓ cup castor sugar
  - 1 cup plain flour, wholemeal optional
  - 60 g (2 oz) whole pecan nuts
  - 5 red cherries 5 green cherries
  - 6 glace apricots

Preheat the oven to moderate (180°C). Lightly butter, then line the base of a loaf pan with greaseproof paper. Beat egg whites with a pinch of salt or cream of tartar until stiff, but not dry. Add the sugar, a third at a time, beating constantly until the mixture is a good meringue consistency. Using a metal spoon, fold in the flour, pecans, and finely chopped cherries and apricots. Bake 30-35 minutes. Insert a fine skewer and if it emerges clean the bread is baked. Put the loaf pan on a wire cake rack and leave the bread in the pan until completely cold. Remove bread from pan, wrap in foil, set aside for 1-2 days. Using a sharp knife, cut in wafer thin slices. Preheat oven to very slow (120°C). Place the sliced bread on baking trays and allow the slices to dry out thoroughly, about 30-40 minutes.

David.

# A Touch of Ginger

by Colin Franklin, Ballarat, Vic.

The familiar and useful ginger is the rhizome or underground stem of *Zingiber officinale roscoe*, a perennial reed-like plant growing to a height of 90-12 cm (3-4 ft). The flowers and leaves are borne on separate stems. The flowers themselves are borne at the apex of the stem in a dense, ovate, oblong, cone-like spike from 5-7 cm (2-3 in) long. The plant, though unknown in the wild state, is considered with very good reason to be a native of warmer parts of Asia. It needs heavy rain and plenty of sun – a warmer moist tropical climate and a situation up to 850 m (2500 ft) above sea level. Propagation is by dividing the rhizomes into pieces 5 cm (2½ in) long. The ginger is ready to harvest nine months to one year after planting, when the plant begins to wither. The rhizomes are dug up with a hoe. The familiar spice is obtained from the rhizomes, which are marketed fresh, dried, ground and preserved.

Ginger can be traced back to very early times, it was thought that the Greeks and Romans were the early importers of this herb from Arabia as it was received via the Red Sea. But the spice has been traced back to before the first century and it was found in Alexandria, with other Indian spices.

Ginger has many uses both medical and in cooking. Use it in stews, sauces, grated and ground for gingerbread, cakes, mulled wine, liquors, cordials. Preserve the green roots in a syrup. Chew the root to soothe a sore throat. Recent research has confirmed that an infusion is excellent to settle the stomach and prevent nausea when travelling.

The following ginger beer recipes are all easy to make and much more convenient than the one using a 'plant' that has to be fed every day and divided each time you make up the drink. Ginger beer plants can also become stronger over time as the yeast continues to multiply and may increase the risk of exploding bottles.

## GINGER BEER No 1

- 4.5 lt (1 gal) cold water
- 1 tsp cream of tartar
- 1 tsp ground ginger
- 500 g (1 lb) sugar
- ½ tsp tartaric acid
- 2 tbsp yeast

Mix all together in a pan and allow to stand for 6 hours. Bottle and cork.

## GINGER BEER No 2

- 1.8 kg (4 lb) sugar
- 60 g (2 oz) cream of tartar
- 1 cup yeast
- 2 lemons
- 120 g (4 oz) bruised ginger
- 18 lt (4 gal) water

Boil the water and place in the sugar, lemons, cream of tartar and ginger. When cooled to about 250°C (77°F) add yeast, stirring for about one minute, then let stand for 24 hours. Strain and bottle.

## GINGER BEER No 3

- 45 g (1½ oz) bruised ginger
- 1.2 kg (2½ lb) sugar
- 14 lt (3 gal) water
- 30 g (1 oz) cream of tartar
- 2 lemons
- 2 large tbsp of fresh Brewer's yeast

Peel the lemons, squeeze and strain juice and put both in large earthen pan, with the ginger, cream of tartar and sugar. Pour boiling water over these, let stand until just warm, then add the yeast, which should be thick and perfectly fresh. Stir the contents of the pan well, cover it with a cloth, and leave it near the fire all night. Next day skim off the yeast and put the liquor into another pan, pouring carefully so as to leave sediment behind, then bottle immediately and tie the cork down firmly. In three days the beer should be ready to drink. If to be used at once the sugar proportion need not be so large. Sufficient for four dozen bottles. This recipe is from gold rush days.



## GINGER TEA

- 15 g (½ oz) bruised root ginger, or powdered ginger
- 600 ml (1 pt) water, boiling

Put the bruised root or powdered ginger in a pot and pour on the boiling water. Leave for half an hour then strain the liquid and leave it cool. Take in doses of 2 tablespoons at a time.

American Indians drank a similar decoction of root ginger to relieve stomach upsets. Gypsies, whose culture has always been rich in remedies from the soil, have a cold 'cure' which is a blend of ginger, white horehound, hyssop and coltsfoot. In Asia Minor for the same ailment, ginger, cinnamon, mustard seed and cayenne pepper are mixed to a paste with honey and spread on a piece of flannel to cover the chest.

## GINGER LOAF CAKE

- 175 g (6 oz) butter
- 75 g (2½ oz) soft brown sugar
- 75 g (2½ oz) golden syrup
- 3 eggs
- 225 g (8 oz) SR flour
- 2-4 tsp ground ginger
- 4 pieces stem ginger, finely chopped
- 25 g (1 oz) flaked almonds

Grease and line a loaf tin with 23 x 13 cm (9 x 5 in) top measurements. Cream butter, add sugar and syrup and continue

creaming until the mixture is light and fluffy. Add eggs one at a time, beating well. Sift together the flour and ginger and fold into creamed mixture. Fold in chopped ginger. Turn mixture into prepared loaf tin. Sprinkle flaked almonds over the mixture, press in lightly and bake in a moderate oven 180°C (350°F) (Gas Mark 4) for about one hour 10 minutes, until risen and firm to the touch. Turn out and cool on wire rack.

## FUDGE

- 500 g (1 lb) granulated sugar
- 150 ml (1/4 pt) of milk
- 150 g (5 oz) butter
- 50 g (2 oz) honey
- 100 g (4 oz) chocolate
- 2 tsp ground ginger – optional

Grease a tin 20 x 15 cm (8 x 6 in). Place all the ingredients into a 2.8 litre (5 pt) heavy based saucepan. Stir over a low heat until the sugar has dissolved. Bring to the boil and boil to 116°C (240°F) soft ball stage. Remove from the heat, stand the pan on a cool surface for five minutes, then beat the mixture until thick, creamy and beginning to 'grain'. Pour into the tin, mark into squares when nearly set and cut when firm. Makes about 700 g (1 1/2 lb).

For fruit and nut fudge add 50 g (2 oz) chopped nuts and 50 g (2 oz) seedless raisins, continue as above.

## GINGER PUDDING

- 250 g (1/2 lb) flour
- 125 g (1/4 lb) suet
- 125 g (1/4 lb) moist sugar
- 2 large tsp grated ginger

Shred the suet very fine, mix it with the flour, sugar and ginger; stir well together. Butter a basin and put the mixture in dry. Tie a cloth over and boil for three hours.

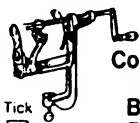
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## APPLE PARER, SLICER AND CORER

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# MAKING GINGER BEER

by Rosetta Berry, Park Orchards, Vic.

Here is a much-used ginger beer recipe from an old *CWA Cookbook* that I thought readers would like to try. It makes a very refreshing summer drink and while I can't guarantee that bottles won't explode (so store safely), they are less likely to do so with this recipe, than with those using baker's yeast. The addition of too much sugar will cause overproduction of yeast and make explosions more likely, so take care when measuring ingredients.

## GINGER BEER PLANT

- 8 plump sultanas
- juice of 2 lemons
- 1 tsp lemon pulp
- 2 tsp ground ginger, plus extra for daily feeding
- 4 tsp sugar, plus extra for daily feeding
- 2 cups cold water

Place all ingredients in a large screw-top jar and stir well. Put lid on jar and leave in a warm place to ferment, 3-6 days, depending on the temperature. Froth on top of mixture and bubbles rising from the bottom indicate that the mixture is fermenting. Then feed with four teaspoons of sugar and two of ground ginger every day for a week.

## GINGER BEER

- 4 cups sugar
- 4 cups boiling water
- juice of 4 lemons, medium sized
- 28 cups cold water

Place sugar and boiling water in a large container and stir to dissolve sugar. Add lemon juice. Strain the ginger beer plant through cheesecloth into the large container. Squeeze cheesecloth to extract all the liquid. Retain the residue. Add the cold water to the mixture, stirring well. Fill screw-top bottles to within three centimetres of the top. Screw tops on bottles and store in a cool place for about two weeks. Makes 10-12 bottles. Take the ginger beer plant residue and divide it in half. Place into two jars (one to give away). Add two cups of cold water to each plant and feed for a week as before.

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# GROWING GINGER IN THE HOME GARDEN

by Department of Agriculture, Qld.

Ginger is a versatile spice as it can be used green, grated into stews and casseroles, dried and ground, and used in curries. It can also be syruped to give delicious confectionery products such as preserved ginger and makes delicious jam.

To produce good quality ginger, cultural practices, time of planting and harvesting are fairly exacting. The garden soil should be loose and friable, offering minimum resistance to the development of the ginger rhizome. Good drainage is important as the plant will not tolerate water-logging. The garden bed should receive maximum amount of sunlight and be sheltered from hot, drying winds.

## FROM PREPARATION TO HARVESTING

### Preparing the Bed

The garden bed should be prepared in winter. Well rotted animal or poultry manure, if available, is very beneficial and should be incorporated during the preparation of the bed. An application of lime or dolomite may be necessary to raise the soil pH to the most favourable level of 6.0. The soil should be worked to a fine tilth. A few days before planting the soil is formed into beds approximately 150 mm high and 1.5 m wide to accommodate four rows of plants.

### Planting Material

Portions of the underground rhizome known as 'seed-pieces' are used as planting material. A piece weighing between 50 and 80 grams is recommended for planting. The rhizome is carefully divided into pieces, care being taken to leave at least one eye or bud on the cutting. The cut pieces should be allowed to heal before planting to reduce the possibility of fungus infecting the tissue. Seed can be used from an established patch of ginger or purchased from a supermarket where it is sold as green ginger.

### Planting

September is the best time to plant. This allows the young plant to become well established before the onset of hot weather from October to December when plants are subject to sunburning. A planting of about one square metre should yield about 6 kg of ginger rhizomes. This should give approximately 4.5 kg of the candied product, about the same weight as crystallised ginger. The seed pieces are normally planted at 150 to 200 mm intervals and covered with 25 mm of soil.

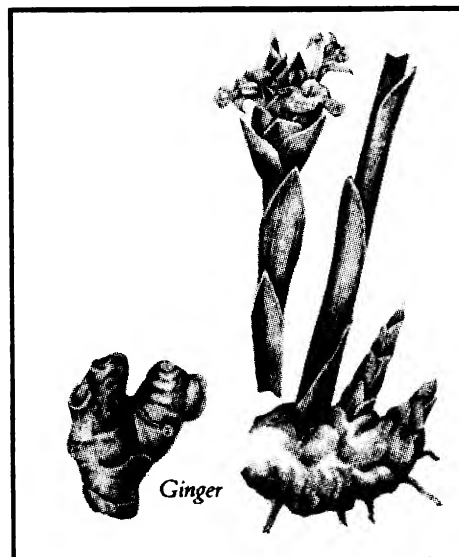
### Fertilising

Even when the soil has received a dressing of animal manure, a preplant application of 60-100 grams per square metre, depending on soil fertility, of a complete fertiliser mixture containing 10% nitrogen, 4% phosphorus and 6% potash should be applied. The basal fertiliser can be broadcast over the beds, or drills are opened up along the proposed planting rows to a depth of 100 mm, and the fertiliser is applied along the base and sides of the drill and then covered with soil.

Ginger benefits from regular side dressings of nitrogen fertiliser. From early November and at monthly intervals thereafter until April, apply 10 grams of urea per square metre. The fertiliser should be watered-in immediately.

### Mulching

The ginger planting may be mulched with sawdust or blady grass. Mulching conserves soil moisture, it controls weed growth and the rhizomes are clean with a soft peel when



Ginger plant and rhizome. Leave at least one bud on rhizomes to be replanted.

harvested. The mulch is applied as soon as the seed is planted. Sawdust should be spread 75 mm thick over the soil, and blady grass about double this thickness.

### Watering

The soil should be watered after planting and before any mulching material is applied. Until the young shoots appear, only light waterings will be necessary. Thereafter, water should be applied at regular intervals, depending on weather conditions, to maintain adequate soil moisture and keep the plants growing vigorously. However, overwatering should be avoided.

Young ginger plants are very susceptible to sunburning when temperatures exceed 32°C. When sunburning weather occurs, frequent very light waterings should be given, particularly between 10 a.m. and 3 p.m. This establishes a microclimate over the ginger, cooling both the air and soil. If the area is not too large, 50% shade cloth may be erected over it during October, November and December to eliminate sunburning.

### Harvesting

Ginger for use in confectionery and syruping is usually harvested from late February to mid March, before the rhizomes become too fibrous. From early April onwards, the rhizomes become more fibrous and the ginger is then suitable for the manufacture of dried or ground ginger.

The new ginger is carefully dug out with a garden fork and the tops trimmed. The rhizomes are then scrubbed with a stiff brush before being prepared for confectionery processing. Some roots may be left in the ground to be used as seed pieces for planting in the spring. Usually, the rhizomes are dug out in June or July and hung in hessian bags in the shade under shelter until required.

Information on the preservation and processing of ginger is contained in a leaflet available from the Sandy Trout Food Preservation Research Laboratory, Hamilton, Qld 4007.

Reprinted from a Queensland Department of Primary Industry advisory leaflet, no 1380. 19 Hercules St, Hamilton Qld 4007. Ph: 07-268-8555. Fax: 07-868-1853.

# MORE THAN ONE SIDE

by Jim Sweeney, Currabubala, NSW.

The comments in Gumnut Gossip (GR 93) about a GR couple who had featured in a newspaper story were interesting to read, as my wife Debbie and I were recently featured in just such a way in a newspaper article. I couldn't therefore let it pass without making some comments of my own. For one thing, the newspaper article about us was subtly exaggerated to make a point about the rural recession. Generally, the facts were presented fairly accurately, but in such a way as to emphasise the journalist's point of view. In fact our first thought when asked for an interview was, 'Why us? We're comfortably set up, and much better off than many others around here.' But the article didn't really present that side of things.

In early 1990 I had taken a job in Tamworth, working for a domestic airline. The job offer was a godsend, because it got Debbie and me out of the increasingly unpleasant city of Sydney and into the 'bush', something we had both been wanting to do for years. The move was away from the relative job security of the city, but the airline was long established and very secure, was the major employer in Tamworth, and was expanding its operations. In fact, up to six weeks before the retrenchments were announced, the company was spending money on expanded maintenance facilities, and was talking about hiring more staff. The subsequent decision to fold took the whole town by surprise. Alternative employment was offered, but only for those prepared to move interstate.

Fortunately, our flat in Sydney had finally sold. With the proceeds we had paid cash for 10 acres of good, well fenced land and installed a 25 foot caravan, a small dam and a bore. We moved ourselves and our horses onto the land (saving us \$140 pw in rent and \$30 pw in agistment), put our house plans in to Council, and settled down to develop our block. Meanwhile, social security kept the wolf from the door.

Now, that was about as far as the news article went, but it wasn't the end of the story. In the days when I was fully employed, Debbie had started looking for a job to supplement our income. She found that even in a city as well off as Tamworth (pop 30,000), there were over 100 applicants for each job she applied for. She finally found casual work with the Post Office as a mail sorter (there were only 60 applicants for that job), and has recently been promoted to full-time staff, meaning that we are finally free of the dole, and we can also start making progress toward our house again.

Debbie's wages are reasonable and our expenses are relatively small. Our stove, fridge and lamp are all gas powered, and cost a total of \$35.50 a month to run. We use a solar shower in summer and boil up bathwater on the stove in winter. Our van is heated more than adequately by our kero heater and cooling is easy to achieve, we just open the windows. We have no TV, and don't miss it – our set is loaned to a friend. Our entertainment comes via our battery radio/cassette player, or from our book collection. In fact, one of the worst things about living in a van is that 90 percent of our books must remain in storage. I am well on the way to completing a fine arts course at the TAFE college, and Debbie is learning folk art.

Well anyway, you can see that by a combination of good judgement and good luck we are enjoying our enforced

campout. Our lifestyle may be primitive, but it's not crude. By contrast, my brother Nevin (who is a regular contributor to GR) still lives in his brick veneer and tile house in the Big Smoke. Despite the many material advantages of his lifestyle, we wouldn't swap with him for quids. The point is that we are not merely sitting around bemoaning our fate. Like many people, however, we were caught unawares by the fact that there is currently no such thing as job security. The situation is made worse by the fact that available jobs are being sought by enormous numbers of people and in some areas there are no employment alternatives at all.

Why not use some initiative? Well, good question. It's actually easy for me to ask that question, since I've just had a good dinner, I'm sitting here at the typewriter with a cup of tea in front of me, and I'm feeling pretty good. But it's not so easy when you're sitting looking at a mountain of bills and thinking, 'What the hell am I going to do?' When the one industry you're qualified to work in no longer exists, and when all of your neighbours are desperate for work as well. Most people just don't have the knowledge to deal with widespread economic disaster and genuinely cannot initiate a programme to help themselves. Thankfully, there are government and private aid agencies who can help.

As for the 'cottage industry' myth – well, it is possible to make a living from a cottage industry, but the failures still outnumber the successes. The basis of any money making activity is that you must have a product and a market. In this neck of the woods we're 50 percent of the way there – we have no shortage of products. Every second country person seems to be making their own turned woodwork, quilted bedspreads, jams and pickles, wines and pottery. But many of these hobby-businesses require a large capital outlay to start up, or are extremely labour intensive, and many simply put the producer into direct competition with the neighbour down the road, or with the importer of cheap Taiwanese goods. People do buy turned wooden goblets and hand-knitted jumpers, but the market is small and seems to be shrinking. While the principle of, 'I'll swap you a candlestick for two pottery incense holders,' leads to a thriving trade in dust collectors, it doesn't put food on the table.

So, what's the answer? Well, initiative can help; especially if people improve their skill 'saleability' by getting together with the local TAFE, CES, Skillshare, etc. But they should never be afraid to ask for help from charities or the government. That's what we pay them for. Most importantly, people shouldn't rush to spend their last farthing on some piece of equipment to turn out concrete letter openers unless they *know* that there's a market for them.

One final point: For years GR and similar magazines have performed an essential function in giving widely separated people with common interests in the environment and self-sufficiency a sense of community feeling. It's all too easy to feel alienated in modern society and it's great to read of other people who are meeting and overcoming problems in a way that gives hope to the rest of us. Whatever you do, keep up the good work!

# GRANDMA'S HOME REMEDIES

by Louise Graham, Dandenong, Vic.

Last time I shared with you some old-fashioned folk remedies for bruises and sprains, coughs and colds, burns, stings and headaches. Now I will tell you some treatments for digestive upsets, cuts and abrasions, and hay fever. These suggestions are by no means comprehensive, dozens of other treatments were also successfully used. I hope I can whet your appetite enough to send you searching for more.

## DIGESTIVE UPSETS

The plethora of indigestion remedies used by our ancestors suggests that their diets were not as healthy or balanced as we sometimes like to believe. Some of the many old-fashioned treatments for digestive ailments were:

### Drinks

A drink of the water rice had been cooked in, blackberry leaf tea, bicarbonate of soda (one teaspoon) in a glass of hot water, two teaspoons apple cider vinegar in a glass of water with one teaspoon raw honey taken before meals, four teaspoons cod-liver oil in a glass of tomato juice taken before each meal, blackberry juice and blackberry wine were all popular remedies.

### Fruit

Various fruits were recommended to be taken slowly before or between meals. Apple in various forms was a favourite. Shred a cored ripe apple, sweeten with honey, season with cinnamon and sesame seeds. Banana, mashed raw blueberries sweetened with honey, or pineapple at the beginning and end of the meal were also tried.

### Chronic Indigestion

Bran and oat water was often recommended. Stir a quarter cup each of unprocessed bran and rolled oats in a litre of water. Cover and let stand for one day. Strain and drink one cup before each meal.

The juice of a lemon in a cup of hot water, or a glass of milk, buttermilk, kefir or yoghurt before each meal are digestive aids. Olive oil can be taken each morning, one teaspoon to one tablespoon depending on the severity of the complaint. You could try the unpleasant sounding mixture of mustard and molasses, one tablespoon of whole mustard seed in a quarter cup of dark molasses, taken in one or two tablespoonsful each day. Garlic, eaten regularly (fresh or capsules), will improve digestion and cleanse the digestive tract. Garlic may also be used in a foot bath or poultice to relieve stomach upsets.

## CUTS AND ABRASIONS

Placing spider webs over an open cut sounds like a scene from a horror movie, but was in fact a folk remedy for stopping the wound from bleeding. Sigmund Freud remembered his father using the remedy on him when he was a child. Some folk practitioners first cleaned the wound with turpentine. Many wound treatments were found on the shelves of the kitchen cupboard. A solution of salt and water was a favourite cleanser as was a mixture of baking soda (two tablespoons) and apple cider vinegar (one teaspoon) in a cup of warm water.

Cabbage, carrot and potato were all used in poultices. Bruised raw cabbage leaves, boiled cabbage or fresh cabbage juice were placed over the wound, secured with a bandage and replaced every four hours. Minced raw carrots or cooked carrot mashed with vegetable oil were used to cover wounds. Open or infected

wounds were washed with the liquid from carrots cooked in milk, then a poultice of the mashed carrot was applied. A wound salve was made by simmering carrot juice to a syrupy consistency. The application of grated raw potato was thought to prevent infection and speed recovery.

Apple cider vinegar, used both internally and externally, was used to treat slow healing wounds. Two teaspoons of the vinegar was stirred in half a glass of water six times a day. One spoonful of the mixture was sponged over the injury and the remainder was taken as a drink. For inflamed wounds the vinegar was poured into warm milk to curdle it. The curds were then applied to the wound at frequent intervals.

Garlic, pressed or juiced and mixed with raw honey or water, was often applied to wounds. Raw cloves were eaten to supplement the external treatment. Other garden remedies were made from cucumber, geranium leaves, lemon, onion, pawpaw, comfrey and turnip. Honey has been used as a wound treatment for thousands of years.

## HAY FEVER

Allergic rhinitis is the medical term for seasonal hay fever. The type that continues throughout the year is known as perennial allergic rhinitis. Bouts of hay fever are often accompanied by irritated sinus passages, but sinusitis is a bacterial infection caused by an allergy or a cold causing swollen tissue to block the opening of the sinuses. There is often an inherited tendency to hay fever allergies.


Although many hay fever sufferers may become desperate enough to try any cure, I really don't recommend the old (1600-1800) treatments of a diet of fox lungs or the application of leeches to 'draw out evil humours'. Try instead the ever-useful apple cider vinegar (from a health food store, rather than the supermarket variety) treatment. A mixture of five tablespoons vinegar to a glass of water, taken about once a fortnight, may serve as a preventative. In acute cases take the mixture three times a day for four days. Reduce to three tablespoons vinegar three times a day for one month, then to once a day until the condition clears.

Comfrey tea or fenugreek tea may prove effective for some people. Drink one cup of comfrey tea at midday and one at night. For prolonged coughing drink half a cup of strong comfrey tea with a teaspoon of honey. A cup of fenugreek tea each day for a month before and then during the hay fever season helps some sufferers.

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Honey, made by bees in the sufferer's own locality, can build up an immunity and relieve symptoms in some people. One long-suffering neighbour of mine experiences relief of symptoms within ten minutes of taking a tablespoon of local honey. Another has found that since beginning to regularly eat local honey, hay fever is almost nonexistent. If you don't know of a source in your area, ask at your local health food store.

Garlic, eaten raw or in capsules, taken every four hours may relieve congestion. Garlic is believed to destroy the bacteria responsible for forming histamines (allergy causing chemicals). Often taken in conjunction with garlic is horseradish, which may be taken in capsule form or grated raw (only the root) and mixed with lemon juice – 125 grams horseradish with juice of one lemon. Store the mixture in the refrigerator and take one teaspoon twice a day.

The swollen, itchy eyes associated with hay fever may be relieved by bathing eyes in rose petal tea. Steep one teaspoon dried rose petals in a cup of hot water, strain, cool, and apply to eyes frequently during the day.

Your pantry and your garden can also act as well stocked first-aid kits. I hope you have success with some of the remedies I have suggested and that this will send you searching for more of Grandma's wonderful home remedies and recording them so they will continue to be valued and passed along to following generations.

#### Recommended Reading

*Treasury of Home Remedies*, by Myra Cameron, published by Simon Schuster.

*Living Better For Less*, Night Owl Publishers, PO Box 242, Euroa 3666, \$9.95 posted. Contains home remedies, beauty hints and much more.

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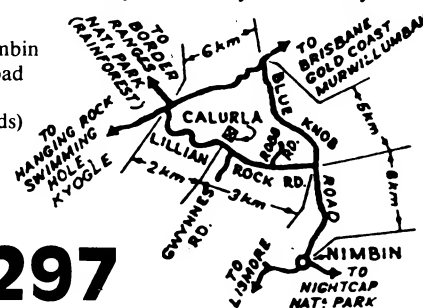
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# LOW CO\$T HOLIDAY

by Jan South, St Arnaud, Vic.

**In a recession, holidays are often considered a luxury and are no longer partaken. This need not be so if one plans carefully and has the money to purchase the fare or the fuel for the trip.**

There are still places to stay and things to do that cost nothing or very little. We make a yearly pilgrimage to Canberra to see our family. The Hume Highway is the only way to go if we are in a hurry, but when we have the time we like to vary the route, or see something different each time we make the trip. This time we towed the van along the western edge of the Snowy Mountains, then returned via Wagga and Echuca.

We began our holiday, per usual, with the van well stocked with homemade goodies, lots of vegies, our own farm fresh eggs, sauce and relish. Our run up the Hume was fast and smooth. So fast in fact, that I could not persuade my better half to stop at Bruck's factory shop, or the Wangaratta knitting mill, two of my favourite stopping places. From Wodonga we headed for Corryong. We found an excellent picnic area in the Koetong Forest at Lawrence Lookout. It is a good easy drive up to the lookout, where the view is fantastic, and there is plenty of room for towing vehicles to park. The facilities include pit toilets, a large shelter with stone fireplaces at each end, with wooden tables and seating in the centre. Everything was in immaculate order. Koetong Forest is alive with birds, red larrys, currawongs, cockatoos, and magpies, as well as smaller scrubland birds. We found wombats' holes but as it was daytime, we did not sight the occupants. A lush patch of blackberries provided our sweets that night.

We continued to be delighted with the postcard scenery, espying farmhouses tucked away in the hills as we motored the Cudgewa Creek valley, ending up in the Burrowa Pine National Park. This is a great spot to stay overnight. Again pit toilets, but very clean, tables, fireplaces, and a water tap. This camping area is just inside the park's boundary. There are several walking tracks, but we were lazy and drove to the falls. They were lovely, even at the end of summer when there was not a lot of water about.

We noticed an attractively set up camp on the Victorian side of the Murray at Tintaldra. A family had pitched a tent on the well mown grass beside the river, utilising the picnic facilities provided, only a stone's throw from the hotel and store. It just shows what is available for free, if only one can see the opportunities and take advantage of them.

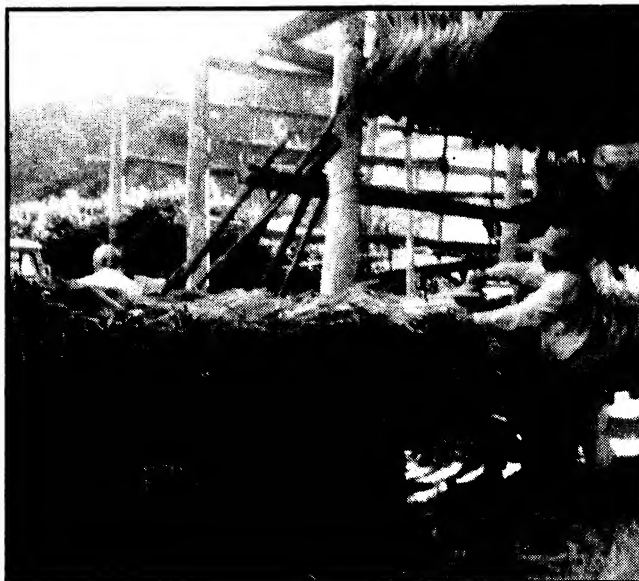
We proceeded along the road signposted Tumbarumba, passing two attractive campsites, the first being situated at the Paddy River Bridge. Here there was a large area of mown grass in the bend of the river, lovely shade trees, toilets, fireplaces and some

tables. Plenty of room for children to kick a football or to play some cricket. My guess is that it would be crowded during school holidays. Similar amenities exist at Paddy River Falls, which are a kilometre off the main road. The falls are excellent.

Nearer Tumbarumba is the Henry Angel Flat Trackhead and campsite. This is part of the Hume and Hovell walking track which offers walkers the opportunity to discover the natural beauty of the Southern Highlands of New South Wales. Much of the track provides suitable walks for families. Other sections are most suited for experienced walkers. The track follows the route travelled by Hume and Hovell in 1824-25. Henry Angel was one of six assigned men who accompanied the explorers. Henry Angel Flat is a joint project of the Tumbarumba Shire Council and the Department of Lands. The development of the track was a project undertaken to commemorate Australia's Bicentenary in 1988. The facilities there consist of a modern amenities block with hot water, electric barbecues, picnic and camping area. I think that the cost is \$5 per campsite a night. We did not have time to walk any part of the track, but the brochures are fascinating.

Batlow is the home of the largest apple packing and storage facility in Australia. When one looks inside the coolroom and sees a vast building with apple crates stacked eight high, then is reminded that there are thirty-three such coolstores, one begins to comprehend the magnitude of the industry. The Batlow Co-op is proud of the standard of the fruit it produces. Each apple has a small sticker on it proclaiming that it is a Batlow apple. Letona Mountain Maid cannery is at Batlow, also. They only provide cannery tours for coach loads, not individual tourists. The factory shop was open when we were there, so we took the opportunity of replenishing our depleted larder. We also purchased fruit and vegies from the orchard stalls dotted throughout this area.

We relived Adelong's heady goldrush days, spending a morning at the Reefer Battery. The ruins of the Battery are situated in the Adelong Falls Reserve. The Battery operated from 1870-1910. All the machinery at the site was powered by two large waterwheels, there were no pumps or engines. Ore was brought from the mines along a road half way up the hillside. There the ore was put in the stamper, where it was crushed then carried through the works by gravity. The remains of the enterprise can still be seen, by means of an easy walking track. A retaining wall, built from local stone, channelled the water through the narrow gorge at the



Loading millet for broom making, all done by hand.



base of the falls with great force. We marvelled at how it used to be and in our minds we pictured the hive of activity when the Battery was pounding the ore. It seemed ironic to lift our eyes skyward and see the power lines crossing Adelong Gorge above the old waterwheels, knowing that the electricity carried was generated by hydro power only a few miles away.

The name Tumut is an aboriginal word meaning 'a quiet resting place by a river'. A more apt description of our caravan site in the Riverglade Caravan Park could not be found. The river rushed by just a few feet from our van. A couple caught a nice sized trout behind our van, but we did not have any luck. Situated in the bend of the river, the park is also a wildlife sanctuary. On our second night there, the pupils of the Tumut kindergarten descended – twenty car loads of them and their mums and dads. Most were armed with torches and clutched bags of bread, all were intent on providing the resident possums with a feast. The possums are very tame, but the noisy enthusiasm of some of the little visitors saw the possums grab the bread offered then scamper up a tree to dine. An army reunion in Tumut resulted in a group of walkers making an early morning appearance in the park to enjoy one of Tumut's prettiest walks. It was great to see a caravan park's attractions being used by the wider community.

After viewing the millet broom factory, where the brooms are still made by hand, we were lucky to find a millet farm where harvesting was still in progress. The crop is cut by hand, tied in bundles, transported on the back of a trailer to a high-roofed shed, where the bundles are placed over a pole, the poles in turn are hung from the shed in layers, until the millet is ripe enough to be threshed, then the resulting millet straw goes to the broom factory. It is all extremely labour intensive.

On to Canberra! There is much to see that won't cost you a fortune, so be sure to visit the tourist information centre. A couple of freebies which we enjoy are the Jamieson flea market and Ginnindera Village. The latter began as a craft outlet in the old Ginnindera schoolhouse, but it has grown to be one of Canberra's top tourist attractions. Unfortunately, we have not been able to catch the craft market at Hall (the little village just outside the Australian Capital Territory). It is held on the first Sunday of the month and we are told that over two hundred craftspeople have stalls and their work is of the highest standard. Next time, perhaps?

On our return trip we stayed in Wagga for a few days. Did you know that Wagga has a beach that is patrolled each day during summer? The sandy beach is the Murrumbidgee River. It is a lovely place for picnics, with a large lawned area and lots of shady trees, all only a few minutes from the main street. Wagga was proclaimed a town in 1849. It has many historic buildings. This year the National Trust has produced three comprehensive booklets containing maps, photos, and information on the older part of the city. The three tours are designed primarily for walking, but it is possible to do the tours by car. High on Williams Hill are Wagga's beautiful Botanic Gardens which have a roadway through them. In addition to the magnificent main garden, there is a Chinese garden, a cacti garden and even a formal Shakespearian garden. The Chinese garden, complete with a pagoda, has one of the most comprehensive collections of camellias in Australia. A model railway operates on Sundays, and Kidsville is a popular place with its shady playground and picnic facilities. There are

farmyard animals, native fauna, and a well designed walk-in aviary. All the additional features are close to the car park, thus making it possible for the elderly, as well as families with small children to enjoy the garden to its full potential.

We know we have barely scratched the surface of the wonderful things to see and do in the areas which we visited. Had we been fishermen or canoeists we would have done very different things. Australia is a great country and we hope to see much more of our land. We hope that everyone is aware that even low income people can travel and have a wonderful time.

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The Churchill Trust invites applications from Australians, of 18 years and over from all walks of life who wish to be considered for a Churchill Fellowship to undertake, during 1994, an overseas study project that will enhance their usefulness to the Australian community.

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Fellowships are awarded annually to those who have already established themselves in their calling. They are not awarded for the purpose of obtaining higher academic or formal qualifications.

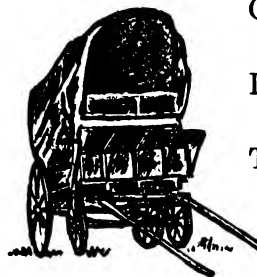
Details may be obtained by sending a self addressed stamped envelope (12 x 24 cms) to:

**The Winston Churchill Memorial Trust**  
218 Northbourne Ave, Braddon,  
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Completed application forms and reports from three referees must be submitted by Sunday, 28 February, 1993.



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# A Simple Doll's House

by Elsie Hoare, Berwick, Vic.

Now you have made your matchbox furniture (GR 93) the box that you present your gift in can serve the dual purpose of being a doll's house as well. For those that I have made in the past I have used cardboard cartons but a large, strong boot box is ideal, especially if it is the kind that is hinged at one end.

I like to reinforce my doll's houses with extra cardboard, so if you're using a carton you'll need another two a little bigger than the one you plan to use for the house, or for a shoe box you can use a couple of large cereal packets with sides big enough to cut pieces as big as the sides, bottom and lid of the shoe box.

## DOLL'S HOUSE

### Materials

As well as the boxes you will need:

- 12 cm (4 1/2 in) cotton tape about 2 1/2 cm (1 in) wide to hinge the lid, or strips of felt or thin leather – anything flexible, strong and nonfraying
- suitable paper to cover one box, woodgrain wallpaper remnants are beaut, especially if they're prepasted, but butcher's white news will do
- attractive paper such as used birthday wrapping, to line the box
- a scrap of fabric for the bedroom carpet, or enough to make a bedside rug
- an outdoor picture for the window
- a fireplace picture
- a small picture for the painting over the fireplace
- scaps of curtain net to fit your window picture
- thin twigs and red and yellow paper for the fire
- glue to stick the twigs in place

plenty of paper paste

a paint brush or pastry brush to apply the paste

**Paste:** For large pasting projects I use PolyCell nontoxic wallpaper paste from the handyman bar at the hardware store. It is much cheaper than to buy individual pots of paste with the advantage that you can make up as little as an eggcup or as much as a bucket, according to your needs. I use a teaspoon to a cup of water and stir it up. Don't worry about the lumps, they dissolve after a couple of hours standing. I find it needs to be kept in the refrigerator if it's not all used up at once as it has no mould inhibitor in it.

### Method

To make up your doll's house, cover the outside of the box with the covering you have chosen, taking care if your lid is already hinged, to see that you don't restrict its movements. If you stick the covering on while the lid is open you won't be able to close it.

If the lid is not hinged now is the best time to do it. Cut two strips of your hinge material, each 6 cm (2 1/2 in) long, and glue 3 cm (1 1/4 in) of each to the inside of your box. Leave the remaining 3 cm free until you are ready to attach the lid.

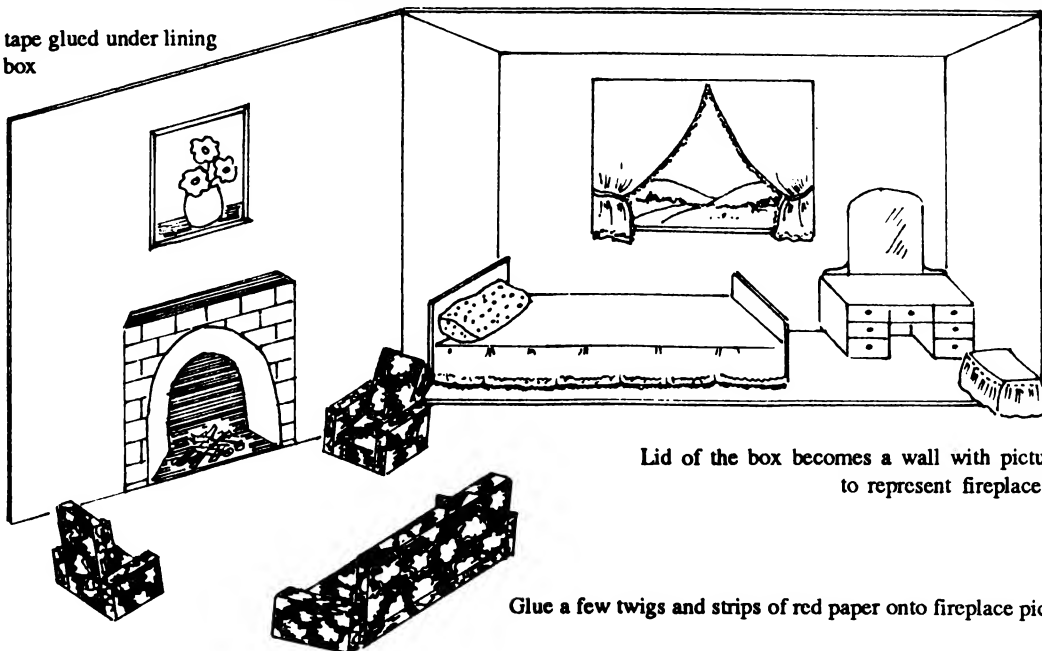
If you don't plan to reinforce your box you can go ahead and cover the inside, noting that one side will become the floor of the house, while the bottom of the box will become the wall with the window.

When applying the reinforcing pieces I find it much easier to cover them first with the lining paper then glue them into place. To do this cut pieces of card the same size as your box's sides, top and bottom and lid, then trim them down until they are about two millimetres smaller all round. Cut your lining

### Doll's House Box

Glue coloured outdoor picture to bottom of the box to represent window. Add scraps of net for curtains.

strips of cotton tape glued under lining to hinge lid to box



Lid of the box becomes a wall with pictures glued on to represent fireplace and painting.

Glue a few twigs and strips of red paper onto fireplace picture.

paper 3 or 4 cm bigger than these pieces and paste them together, overlapping the edges to the wrong side and pasting them down. Paste the wrong side of each covered reinforcing piece (except for the lid) and stick them into place while they are still damp or you may find they will curl up as they dry and make the job more difficult.

You can use spring clothes pegs to hold the reinforcing pieces in place as they dry as they will be disinclined to stay put at the edges, but you should find that the fraction you shaved off each piece before you covered them will enable you to wedge them against each other where the corners meet, making a firm fit.

The fabric you have chosen for the bedroom carpet should be glued in place with the edges butting up to the walls, as turning them under may prove to be too bulky.

#### Now for the lid:

If you are using a shoebox with hinged lid you can line it in the same way as you have the inside of the box, but be careful to place the reinforcing piece far enough away from the hinge edge to allow some clearance between the lid lining and the wall lining, otherwise the lid won't close properly.

If your box lid is unhinged cover it in the same way as you covered the reinforcing pieces, but before you stick the reinforcing to the lid, sandwich the other end of the hinge tape in place (see illustration). Rest the box on its side so that there will be no drag on the hinges while they dry.

If you are using a carton with no lid, cut a lid from one of the larger cartons. Cut it a little larger than the top of the doll's house box so that when it is closed it will not sink inside the box. Cover it and line it as for the shoebox with an unhinged lid.

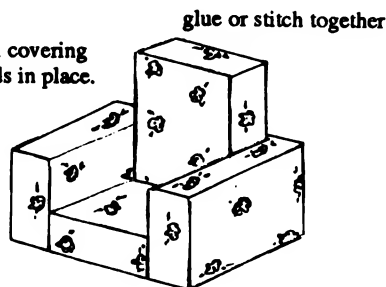
Paste your window picture in place at the bottom of the box which has now become a wall. Paste the fireplace and painting in place on the lid of the box. Glue the twigs to the fireplace. When all the paste is dry, pack the furniture (see GR 93) inside and it's ready to give to some young person, or keep it yourself if you can't bear to give it away.

Toothpaste tube lids make beautiful little lampshades and flower pots, if you feel like taking your creativity a little further. Also you can make needlepoint floor rugs, little people to live in the house, and a tiny cat and dog to curl up by the fire.

As I promised you last time, here are some pieces of simple matchbox furniture to make for your doll house.

#### Armchair

Wrap matchboxes in chosen covering and stitch neatly or glue ends in place.



#### Materials

four matchboxes

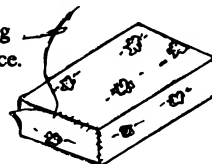
scraps of fabric such as tiny printed cotton, thin velveteen etc. to cover – four pieces about 15 x 10 cm (6 x 4 in) each

newspaper to stuff each box to make them more solid  
cotton wool or unspun fleece for padding  
fabric glue or needle and thread to match the covering fabric

#### Method

Armchairs are made in much the same way as the footstool (see GR 93). Pack the matchboxes with tightly folded newspaper, then wrap each one in a little padding material. (Not too thickly or they won't stand properly.) Next wrap each in your chosen covering. Tuck the ends in neatly and glue them closed or stitch them with tiny oversewing stitches. Place the wrapped boxes together as illustrated and glue them or stitch them firmly.

Wrap matchboxes in chosen covering and stitch neatly or glue ends in place.



#### COUCH

##### Materials

eight matchboxes

fabric for covering, two pieces 15 x 18 cm (6 x 7 in) each, and two 15 x 10 cm (6 x 4 in) each

two pieces of thin card (from cereal packets will do), 11 x 5 1/2 cm (4 1/4 x 2 1/4 in)

padding fabric as for armchair

fabric glue or needle and thread to match the covering fabric

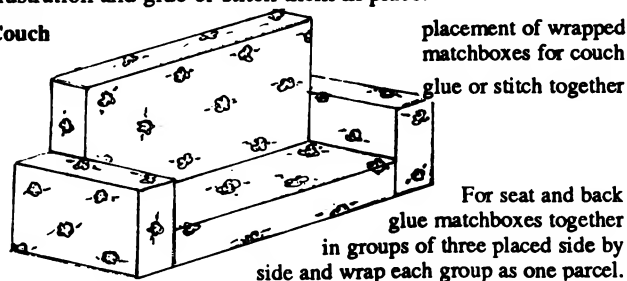
newspaper for stuffing

##### Method

Follow the directions for the armchair, but the back and the seat parts are made with three matchboxes each. These are individually packed with newspaper, glued together side by side then glued to a piece of card 5 x 11 cm.

When dry they are wrapped in padding then in the covering fabric. The arms of the couch are single matchboxes stuffed and wrapped as for the armchair. Place the parcels together as in the illustration and glue or stitch them in place.

#### Couch



Some lucky children will have years of creative, imaginative fun with this doll house and furniture, and you will have the great satisfaction of knowing that such an appreciated gift was entirely made from scraps.

## The SEED SAVERS' HANDBOOK

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# WASHING MACHINE CONVERSION

by Don Reynolds, Mudgee, NSW.

When we first moved onto our property we had a 6 x 3 m (20 x 10 ft) garden shed to live in and no shower, so we had to sponge ourselves from a basin, which was not very convenient. I was in the process of building another shed so I set up in one corner a shower recess. I then purchased a small submersible bilge pump. This I connected to a piece of 13 mm ( $\frac{1}{2}$  in) hose and connected the other end to a shower I had fixed in the recess, it was then just required to heat the water, pour a bucket, connect to a car battery, and we had our shower, this worked successfully for two years.

Our next problem was washing clothes. I had a very old washing machine with a hand wringer attached, so I pulled out the 240 volt motor and hooked a twelve volt windscreen wiper motor and that worked fairly well, but it meant you had to stand by it as it operated which to my way of thinking was a waste of time. I will explain how I converted a 240 volt semi-automatic machine to operate on 12 volt. There are three types of machines that are suitable that I know of (there may be others). The three I know of are: Westinghouse 253, Toshiba VH 5090 and Hoovermatic Deluxe. These are suitable as they have manual clockwork timers. The first thing is to remove the 240 volt motor driving the agitator and replace it with a 12 volt motor. You may have to do a bit of searching for a suitable motor as some are not powerful enough. I found multi-speed fan heater motors generally suitable, also if you can get hold of small motorbike starter motors they have ample torque and are most suitable.

Now, to hook up the spin drier is a bit more difficult. First pull out the 240 volt motor, complete with stand. Now remove top and bottom cover plates and drive the commutator off the drive shaft. The original setup had the motor driving the spin tub direct, however the motor I fitted didn't have as much torque, so to be on the safe side and not risk burning out the motor I set the motor up via pulley so as to drive the spin tub at half motor speed. Now take the bottom cover and determine where you will mount your motor. Having done that cut a slot

in the cover to allow the vee belt to pass through (figure 1).

Take a piece of sheet steel about 16 g to mount your motor onto. As in figure 2 drill motor spindle holes, making sure you make the 12 volt motor hole large enough to allow for the full adjustment. Now, having selected your pulleys to give a two to one ratio, fit the large pulley to the original motor shaft, poke the belt through the slot you cut in the bottom cover, and onto the large pulley. Now assemble the motor. Mount the 12 volt motor to the mounting plate, assemble the small pulley to the motor making sure both pulleys line up. You will now have to check the timers to determine which two terminals your positive wire will go to and which terminal will go to the motor lead. Now run a wire from your battery to one of your two selected terminals and the other to one of the 12 volt motor leads, then connect another wire to the second terminal and that will go to your negative battery post. Connect the other the same way. Now when you turn your timers you can select your required time and go and do something else and when you come back your washing will be done. I hope this will be of some help to you out there. Happy washing.

Figure 2

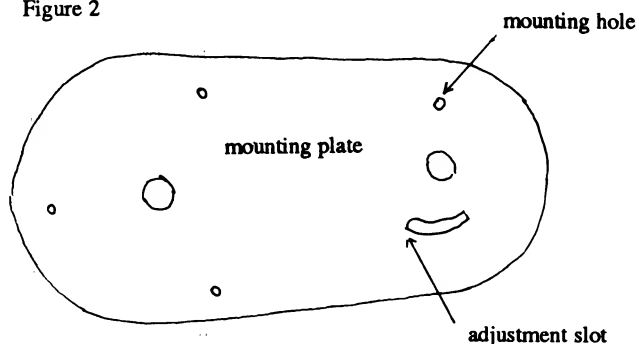
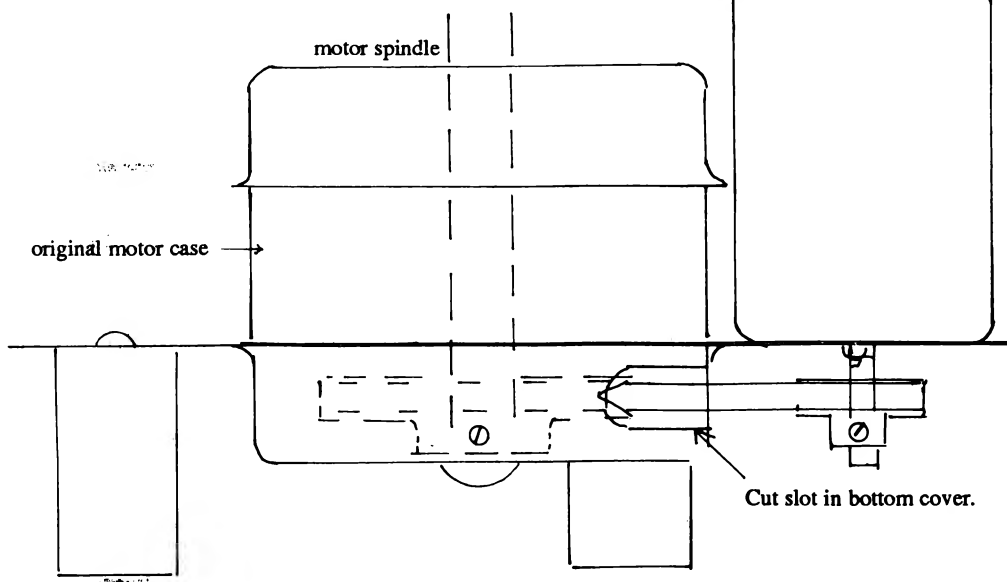


Figure 1



# SAVING ARTICHOKE SEED

by Michel & Jude Fanton, Byron Bay, NSW.

Apart from wanting to provide chemical-free food for family and friends, many gardeners now know the importance of saving seeds in the vegetable garden. Started in 1986, The Seed Savers' Network has collected and maintains 1300 home-bred varieties of vegetables, herbs and flowers. A formal curator's network was formed last year to effectively grow and multiply the seeds of the large number of varieties we are receiving. Gardeners and farmers interested in caretaking particular collections should contact PO Box 975 in Byron Bay 2481.

The following is an extract from our *Seed Savers' Handbook*, detailing different vegetables, culinary herbs and edible flowers. There are also chapters on such topics as the vital global issue of genetic diversity of food crops, techniques of seed saving and where to find the tasty, nutritious varieties.

The artichoke is native to the Mediterranean seashore and the Canary Islands. The ancient Romans relished a primitive form of this vegetable and Italians have made selections of purple and green artichokes since the 15th century.

## DESCRIPTION

Artichokes are attractive plants that can be long-lived when grown in the right area. They flower from early spring through to autumn, according to climate and variety, producing a two metre high stalk with numerous branches. Eventually this will be topped by the delicious bud, which, if not eaten, will turn into a spectacular purple flower. The leaves are large and look like those of a Scotch thistle – grey above, furry and whitish underneath. They are also called globe artichokes.

## CULTIVATING

Artichokes thrive in deep, rich soils in maritime climates. They will rot if the soil is cold and waterlogged in winter. After they have borne a crop, cut the stems 30 cm (1 ft) above the ground and mulch them well to protect their delicate roots from winter temperatures. In the tropics and sub-tropics the wet weather and hot summer sun are a problem. If you love them, give them a little shade. A slight application of salt is beneficial. In permaculture, as in any good management system, the garden space around the plant can be filled in with lettuces or other shallow-rooted crops.

## PROPAGATING

The preferred way of propagating is from the suckers (sometimes called side shoots, or slips) of plants that produce a good-sized terminal bud. Plants started from seeds will not produce many buds, if any, in their first year. In early spring the plant will produce up to fifteen suckers, of which only the largest half-dozen should be left on the plant to grow into large shoots for propagation. When these selected suckers start growing leaves 30 cm long, cut them neatly from the base of the plant with as many small roots as possible intact and replant in a permanent place. This is the way to ensure an artichoke variety will reproduce true-to-type.

## SEED SAVING

For obtaining a new variety, start with seeds and select repeatedly from the offspring. A high proportion of the seedlings may revert to the spiky type which should be rogued out (culled). Large purple flowers will form on top of the thick stems; only the best fruit, with a large base, should be left to

go to seed. Let them pass the edible stage – their scales will get hard and purple florets will cover the head. Suppress the little side buds on the same stem to give more strength to the heads reserved for seed. The seeds are found in the seed case after the whole thistle-down has blown away. It is a prickly affair to retrieve the seeds as the calyx has long spines.

## KEEPING THE SEEDS

The seeds will last for five years if kept cool and dry. They are grey, angular, oblong and flattened.

## USING THE PLANT

The *Kitchen Talk* newsletter of June-July 1991 featured the history and usage of the globe artichoke. We recommend that curious gourmets refer to this superb publication. Send an SAE to Michael Boddy in Binalong 2548 on how to obtain it. 'A large part of the pleasure derived from a globe artichoke lies in the knowledge and slow unwrapping of the mystery – separating, classifying, selecting and nibbling as you go on – until the prize, the delicious and nutty bottom of the bud, is finally revealed.'

Here is a classic recipe: Pick the flower buds when young (before the tips of the scales become hard and dark); steam the whole artichoke and eat the base of each scale dipped in a dressing made of good wine or cider vinegar, mustard and olive oil. Before eating the heart you may have to remove the fluff that would have become the flower petals, especially if the bud is old. These hairs may irritate the soft palate if ingested. The central leaf stalk is eaten blanched. The dried flowers fetch a good price from florists if picked in their prime.

Artichokes tend to lower the urea level of the blood and combat excess acidity, rheumatism, liver malfunction and bad breath! They are recommended for nursing mothers trying to wean babies, as they slow down lactation. Cynarin, a constituent of artichoke, is a sweet-tasting chemical that is soluble in water and saliva and is the basis of the Italian aperitif Cynara. Cynarin will sweeten the taste of anything you eat afterwards. It is also known as a liver protector in animals, and has been formulated into a drug for lowering cholesterol.

## ON THE LOOKOUT

If you have an early frost it may be worthwhile to propagate the green globe type, which is ready up to twenty days earlier than the purple, although the latter are known to be better eating. In Australia only two strains are available but there are many more varieties in the Italian community. Ask for the dwarf perpetual artichoke which produces buds for most of the year, providing it is frequently watered. This particular variety is very tender and mostly eaten raw. There is a Purple of Tuscany and a Green of Florence which have the distinction of being eaten whole when very young.

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# THERE'S ALWAYS AN ALTERNATIVE

by Dr Pat f Howden, Macleay Island, Qld.

For decades I've been involved in home engineering research, teaching folk all over the world sharing/caring for nature and neighbours in a time of diminishing resources with ever-increasing prices. This often involves helping start 'Live For Free' clubs and bartering groups. Economically we must stop looking for maximising profit and sustained growth. Most media attention on these directions concentrates on identifying the *problems* of environmental damage. Here we concentrate on how everybody can concentrate on *solutions*, starting in the family. Solutions to such problems are exhibited at my permanent open house on an island near Brisbane. A little time spent making almost insignificant habit changes in the home will save a small fortune in time, energy, costs, resources, and collectively greatly reduce pollution and mindless destruction of nature. Simultaneously the quality of life is greatly enhanced. Try some of these money saving, pollution reducing ideas from my catalogue of alternatives:

- Transport and taxis: Solar bicycle, horse, donkey, goat, dog-pulled bike, hitch, sugar alcohol fuel, moped motorised bike usually not needing registration or licence in many states; also sails for coastal trips and commerce. Some tidal rivers go both ways alternately.
- Clothes: Second-hand, recycled, sarongs, broad strips of cloth needing no cutting or sewing.
- Cereals: Oats, nuts, bran, semolina, brown unpolished wheat or rice, dried fruit, bread.
- Milk: Sheep and goat keeping, powdered milk, Peruvian cow tree, blended custard apple and water.
- Jam: Fruit and sugar using  $\frac{1}{3}$  usual sugar quantity, very cheap to make. Fill boiling jam to brim, tighten metal lid and store inverted. Some palm fruits or mango are so sweet as a spread that no cooking needed.
- Tea: Many including mint, lemon grass + hibiscus, eucalypt + lemon leaf.
- Coffee: roasted grains, beetroot and chicory.
- Butter: Use avocado fruit directly on bread.
- Meat: Catch and breed fish, eels, shell and crayfish, rabbits (Do you know there is a \$2.1 million overseas rabbit meat demand?), pigeons (even in cities) who love to rob tourist rubbish, geese living off grass, goats living off sugar cane leaves, snakes and lizards. Supermart end cut meat pieces are ultra cheap.
- Yoghurt and Cheese: Easily made cold without starters in light-tight container of milk placed in warm room for 2-4 days.
- Christmas/Birthday Presents: Recycle most that you get and keep these in a 'Presents box', but it's so easy to make natural presents.
- Fans: Insulate the ceiling, plant passionfruit vines around house and shade fruit trees, run a small cheap fan fast rather than a big fan slow.
- Toys: waste junk, planks, cardboard boxes, tins, wheels, plastic bits that kids adore.
- Newspapers, magazines, video and cassettes: Share around or see in library. Free TV guides in small local rags.
- Phone: Look at citizens band radio, heliostat mirror, shared and receive-only phone.

- Flyspray: Use plastic swatter or rolled up tea cloth and soon they go away; or electrical zapper which has a blue fluorescent light inside. Spider web catches lots.

- Batteries: Rechargeable ones can be charged by a small solar panel only centimetres long; use the car battery to power all the 12 volt appliances.

## FRUGAL LUXURY

Some years ago we were saving \$120-150 weekly on the dole, which with the First Home Owners grant, paid for our \$10,500 high-set Nusteel single room kit home in 10 months! Wood, water, good soil and a local junk yard was a home site essential. Here's what I don't have to buy on this island block:

Water, drink (well I did invent 5 day champagne), mortgage, pets (an eco-disaster), smokes and drugs, time payment, tax, clothes (repaired or from Salvos), all fruit/vegies grown or market throwouts or collected as bush/city tucker, all items as listed in the catalogue above plus many more and civilised junk from our Myer Emporium (the tip). There's wood aplenty in skips or in the bush for cooking or hot showers. A sola bag also provides the latter.

Apart from items we can grow, make and fix, we continually discover new bargains, inventing the future, changing our expectations, attitudes and even diet to adjust with ever-decreasing resources. Sad isn't it that education doesn't teach us these survival vitals! Personal inflation decreases still further as I discover new ways of bartering items or labour, or fixing and scrounging stuff, of using time savers and organisers. I'm always looking out for new ideas or cheaper useful products, or for items I can make do without – a scientifically fascinating pastime in its own right. So please calibrate the markets –calculator or pocket computer in hand. Naturally a positively geared bike is a Godsend. Garden produce from perennials and food trees, especially native edibles, means I slave only an hour gardening weekly and haven't had to buy fruit or vegies for years.

## COSTS

Permit me to itemise annual costs including the van which simply must go, in more ways than one. Expenditure would look healthier per person when shared in a family or community. Rates include an iniquitous \$80 revenue-creating levy for Electric Commission mains power – which I don't have!

Rates. . . . .	\$296
Van, Island rego. . . . .	\$315
Ferry. . . . .	\$208
Food not grown or swapped. . . . .	\$468
Petrol. . . . .	\$315
Miscellaneous. . . . .	\$312
Total. . . . .	\$1914 or \$36.80 weekly alone.

But deleting the van and ferry gives a total of only \$1076, or \$20.70 weekly, though mainland distractions could increase this good life figure if living there. Finally, with two sharing the costs, the food, ferry and miscellaneous costs double, giving an annual total of \$2902, representing only \$27.90 each a week. Without vehicle or ferry this plummets to \$1856, a mere \$17.85 weekly each, in comparative luxury. All this sounds like we

joined 'Scroungers & Bludgers Anonymous', or as if there's no time left for anything *but* survival. Quite the contrary. Energy, housing, pollution, water and food crises are a myth! Don't believe it? Come see for yourself and if possible write tonight, with stamps thanks.

Dr Pat f Howden's book *Prosperity From a Pittance - Free At Last*, is full of ideas - practical, theoretical and philosophical - on just about everything to do with self-sufficiency and eco-friendly living. Presented in a cost and tree saving kit form, it comes with instructions on how to bind-it-yourself into an easily handled form. Normally priced at \$50 including postage, the author has generously offered GR readers a price of \$35. Write to Dr Patrick f Howden, Backyard Tech, Con St, Macleay Island 4184.

### SAFE BLEACH

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## FREE RANGE EGGS

The Rattray's family business, Flowerdale Sprout Farm, concentrates on production of healthy food, from alfalfa sprouts to free range eggs. The young daughter of the family, Lily, began keeping a few free range poultry as a hobby. Selling excess eggs to local people netted her enough pocket money to pay for a trip to Bali. When she went off to boarding school this enterprising young woman sold her business to her mother, who has since built up the poultry numbers to 2500 and markets eggs through health food shops around Melbourne. If you live in or around Melbourne and don't keep poultry yourself, but love to eat free range eggs look for 'Ethical Eggs' under the Flowerdale Sprout Farm label. Ring Cath Rattray on 057-801-347 to find a supplier near you or to buy direct from the farm.

## FRESH WATER AQUACULTURE COURSE

A new home study course on Aquaculture has recently been introduced by the Australian Horticultural Correspondence School. Dealing primarily with freshwater aquatic animals, the course provides a very solid grounding to farming everything from freshwater crayfish to trout. There are thousands of existing dams and watercourses throughout Australia which could be used for aquaculture. The course is a suitable starting point for both the small or large scale fish farmer. There are ten lessons in this course each requiring approximately 12 hours work. A course fee of \$340 covers all course notes, tuition and access to the school's resource library.

For further information phone John Mason or Paul Plant on 075-304-855, or Iain Harrison on 03-736-1882.

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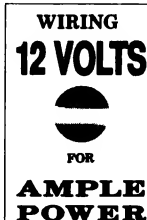
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# WHY AQUACULTURE?

by Nick Romanowski, Colac, Vic.

After finishing my series on dam making and aquaculture for GR (Nos 83-92). I was going to catch up with other writing, but I've since realised that I've left a very important part unsaid. That is, why bother culturing your own fish, shellfish, etc when high quality foods of this kind can be bought at any fishmongers? Aquacultured foods do have a number of problems, but they don't compare to the negatives of wild-caught seafoods.

Originally, all humans were hunter-gatherers, catching and collecting all plant and animal foods they used from wild populations. It is only in the last 10,000 years or so that farming of different kinds has taken over from wild harvesting. Only three types of wild harvesting are noteworthy today, all considerably altered from their original forms. Hunting is still common today and it *does* have its place in modern society, but mainly as a way of controlling vermin such as rabbits by trapping, snaring or shooting. Foraging is also common. Did you realise that when you feel that deep need to gather blackberries or wild mushrooms, you are following traditions probably from the dawn of human time which have been handed on from one generation to another for millennia? Fishing is the third leftover from our hunter-gathering days. However, it has changed unbelievably to become a part of the modern world.

Modern technology has opened the oceans up to exploitation which has the potential to completely change this hidden world. For example, everyone knows how modern whaling has virtually exterminated some whales and left the future of others in serious doubt. Even the Pacific and Indian Oceans aren't immune. The whole world has been carefully studied from space, and we have learned amazing things. The biggest cities of the world glow like radioactive coals by night but are nowhere near the brightest lights – those belong to the Japanese squid fishing fleets which have been scouring the oceans for decades. Most fishing fleets work in daylight, so the night lights just illuminate activities of a minority of the sea fishers who are stripping the underwater world.

## SEAFOODS AND POISONS

The sea has become the final resting place of most agricultural chemicals, radioactive materials, and sewage. Some sea creatures are particularly good at concentrating such poisons, especially shellfish such as mussels, scallops and oysters. Fish aren't immune either, especially deeper water species which feed high on the food chain and tend to accumulate the worst poisons quickly. If you ate such seafoods often they would become your main dietary source of agricultural poisons. For these reasons avoid eating marine shellfish and most deep water fish. Other sea fishes such as flatheads should be *relatively* clean. Some shellfish such as rock lobsters (crayfish) are also OK, if you don't mind the effect overfishing is having on their population. Prawns are usually all right for the same reasons. Edible seaweeds are relatively safe, and I think small amounts of these should be a part of everyone's diet because of the variety of minerals they contain.

I don't claim to completely avoid all the foods I have listed above. I love seafoods and so am doomed to eat many things which will do my long-term health no good. Whenever possible

I choose aquaculture products from clean water conditions, which effectively means Australian and New Zealand products.

## SEAFOODS AND THE ENVIRONMENT

The technology for locating and capturing whole schools of fish has never been better, so that good quality species such as the deep water barracouta, called gemfish, have been driven almost to the edge of extinction within several years. I haven't chosen gemfish as an example at random. For a few years they were my favourite sea fish, so it was a real shock to realise that over that short time they had been hunted into a corner. There are many other examples of fisheries which have destroyed themselves by overfishing, perhaps hundreds.

### Ghost Traps

Traps which are lost because their lines are cut or broken can continue to trap animals for months or even years. These animals aren't eaten, they just die horribly for no purpose. In the northern Atlantic Ocean, lobster traps have undoubtedly killed millions of lobsters once their float lines were lost so the traps couldn't be found. There are many other examples.

### Trawling

You can't imagine how much damage a trawl can do to the bottom of the sea. The sea floor is not all sand; sponges, shells, and other animals coat the bottom as far as you can swim in most places. After a trawl has been dragged through it looks like the surface of the moon. Prawn trawlers up north used to have to throw back everything apart from prawns. Sadly, most animals brought up to the surface from over thirty metres are dead on arrival. After 'liberating' a netful of damaged fish and other animals, the sea would be afloat with bodies for hours. In our present enlightened times, some of these animals can be kept and used, sea snakes are an example. Once we would fling these over the side as quickly as possible before sorting the main catch. Now these gentle snakes are skinned and the bodies are exported; because they breed slowly they are now becoming endangered. Nearly all the rest of the catch is dumped overboard, just like it used to be. So much for progress!

### Poaching

Australia protects many marine species, but poaching in Australian waters continues. Taiwanese fishing boats are often captured, but the owners continue to send boats into our waters because the profit is much greater than the risk. In other words, some imported seafoods include poached animals from our own water. This situation will continue as long as Australia manages to preserve marine animals reasonably well because there isn't enough left in Asian waters to be worth the cost of harvesting.

## WHAT TO DO

Many GR readers already have dams which aren't producing anything but muddy water. Even the smallest dam will yield a moderate crop of yabbies or redclaw, often over a long season. Larger dams can be used to raise some of the best quality eating fishes in Australia. Other alternatives to supporting one of the most destructive 'primary industries' are to catch your own from the wild (this is what 'fishing' originally meant), or to insist on buying aquacultured products. Most important of all, think of the hidden damage under the sea before you sit down to your next seafood meal.

## PENPALS

Hi! My name is Rosemary, and I am eleven. I live on a farm. I like cats, writing and receiving letters, listening to music, going in athletics carnivals and lots more. I would like an Australian girl penpal (especially someone from WA). If possible, please include a photo.

**Rosemary East, C/- PO Box 242, EUROA 3666.**

My name is Joshua, I am 7 years old. I like to ride my bike, go camping, drawing, making things and motor bikes. I would like a penfriend aged between 6 and 9 years old.

**Joshua Stevens, C/- PO Box 242, EUROA 3666.**

Hello. We are Nicholas (6½) and Eliza (4) Lam. We would both like to exchange cards, photos, drawings etc with girls and boys both in Australia and overseas. Nicholas likes dinosaurs, computers, tennis, swimming and pottery, and Eliza likes painting, pasting and dressing up. Our Mum will help us with the letters. We live in Melbourne.

**C/- PO Box 242, EUROA 3666.**

Hi! My name is Leeanne and if you are looking for a penpal who will answer every letter, look no further! I love life and want to travel, meet people and generally enjoy myself. I'd love to hear from anyone who would like to correspond regularly. Any age, anywhere.

**Leeanne Humphreys-Gray, C/- PO Box 242, EUROA 3666.**

My name is Warwick. I'm 31, married with two teenage foster girls. I'm the principal of a small rural school and a student and farmer in my spare time. We live on a small farm of Belgian Blue cattle and fruit and nut trees. My hobbies are gardening, nature conservation and self-sufficiency. Anyone who would like to write or even visit and help out around the farm or gardens is welcome.

**W Grady, Kumeroo, RDI, WOODVILLE 5473 NZ.**

I would dearly like a penfriend. My German Shepherd and I are confined to a unit due to my health. I am a 55 year old female invalid pensioner sentenced to poor quality of life due to physical and financial reasons. To compensate my dog as best I can we walk four miles daily. She restrained by her lead, me, by my walking stick. Could some kindly GR reader shed a bit of sunshine on a sad lady?

**Mrs R Lewis, PO Box 225, WYONG 2259.**

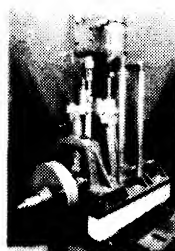
## CRYPTIC GRASSWORD

*Continued from page 45.*

+	C	+	I	+	S	+	A	I	S	L	E	+
C	O	S	M	E	T	I	C	+	E	+	+	D
+	R	+	P	+	A	+	T	R	A	P	+	E
O	V	E	R	A	L	L	S	+	S	L	A	B
+	E	+	I	+	L	+	+	+	+	E	+	I
S	T	A	N	D	I	N	G	+	C	A	S	T
+	T	+	T	+	O	+	U	+	O	+	U	+
H	E	N	S	+	N	E	A	R	N	E	S	S
I	+	U	+	+	+	+	R	+	F	+	P	+
V	A	M	P	+	B	E	D	S	O	R	E	S
E	+	B	L	U	E	+	I	+	U	+	N	+
S	+	+	U	+	S	A	N	E	N	E	S	S
+	A	D	M	I	T	+	G	+	D	+	E	+

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# Down home on the farm. . .

by Megg Miller



After endless weeks of grey wet weather there is something joyous about the presence of sunny skies. The riot of blooming marguerite daisies, the scent of cut grass and the whine of a trapped blowfly all indicate that summer is on its way. It is difficult to believe that only a short time ago we were so inundated with rain that it just lay around, inches deep, waterlogging the young trees and pugging out the fowl houses. For several weeks there was hardly a dry nest on the place, but worse still, broody hens setting under bushes and the breeding geese were all washed out. The latter was a tragedy as we wait a year for those water birds to fall broody and if disaster strikes it may be another 12 months before they set again. Fortunately several little ones survived the wet conditions and another small clutch hatched out later. As well, several geese have returned to the nest for a second setting, encouraged no doubt by the cool weather and the promise of a later summer. Time will tell if their optimism was warranted, but from experience their second setting has rarely been successful. Still, we're grateful for the goslings that survived and have enjoyed immensely the puffing and bluffing of the proud parents.

The wet conditions have caused more inconvenience than just washed out nests. David has spend the last few weeks trying to cut hay – each time he has started, down has come the rain. Some of the paddocks are low-lying and inclined to bog heavy machinery so he's had to wait a few days after each downpour before being able to get the tractor in. He's hard at it now, working last night until 4 am and although the quality is disappointing the resultant hay will keep a few bellies full later in the season when we most need it.

Of more dramatic significance has been the collapse of the stand for one of the house tanks, the result, again, of this damn wet weather. Obviously the water lying around accelerated the deterioration of one of the wooden legs of the tank stand and the whole lot collapsed, the tank crumpling, and the wooden base making its presence felt on the bathroom wall. What really hurt though was the loss of all our water. The fallen tank drained out the remaining tank leaving me with nothing to drink or wash with. I'd bought this water too, back in September just before the rain set in. When the tanker turned up again this week, the driver remembered me from before, and admonished me, saying, 'By gee you must have a heavy hand with the water, missus.' With gritted teeth I led him to the new tank (safely positioned on the ground on blue metal). 'Well', he said, 'I'd have reckoned the other one would have gone first.' I creep past this tank now, anxiously scanning the old wooden stand for decay (and there is plenty) and wondering when it will collapse and drain away another \$120. Not yet I think, not until I've enjoyed a few more hot showers.

In a fit of pique earlier in the year I asked one of the girls in the office to follow up a request we'd received for a pet sheep. I was sick of Merle the mixed up Merino, here was a chance to be rid of her. A reply came back saying they had already

found one, and I admit to feeling relief. Recently though a delightful lady rang, a person somehow connected with the original request. 'Was Merle still available?' There was a wonderful home waiting for her. I hummed and hawed; it sounded so good I was tempted to go myself. Merle was promised. Several days later a mysterious malady struck her and she staggered around, clearly off colour. She wouldn't be able to go. Fortunately she recovered and then the neighbours called one morning to collect her for shearing. It was an abject creature that returned and she shuffled up and down the turkey sheds for days neurotically trying to get in until hunger forced her out to graze. We'd both forgotten the move. Tonight the keen and kindly folk in Melbourne rang again. 'When is Merle coming?' I've hardened my heart and focussed on all the trees I can now plant, but it's going to be awfully dull without her. Still, she hasn't left yet has she!

I have eggs piling up in the kitchen and the bathroom and anywhere else I can put them, but I still haven't turned the incubator on yet. I tell myself – and anyone else who will listen – that it's because I haven't had a spare day to do all the necessary cleaning, but really it's because I'm loath to face the interminable demands that are associated with artificial hatching and brooding. In the meantime many of the hens have sensed a softening in my attitude to natural incubation and stolen a nest. There seem to be clucking hens under every bush and already four have turned up with their enchanting young. It's a relief not to be rushing around feeding and watering chickens en masse and the time I've gained has been put to good use in the garden. It's also enabled me to sit back a little and enjoy the environment in which I live and to gain pleasure from simple things like a fluffed out hen and chicks.

It's best I take time to enjoy these 'fruits of the earth' now as Suni is due home the beginning of this month and life then is sure to change. Her secondary education behind her, she has a tiresome six week wait before she knows the results of her years work. In the meantime we have to squeeze all her belongings in, come to common agreement about the responsibilities of domestic drudgery and help fit into the demands of a part-time job in the office. David and I will be dusted off and given a new lease of life, the baroque compact discs relegated to the bottom drawer and the cats banned from the house. Strong perfume will replace eau de agriculture, the shower will run for long periods, severely taxing the water supply and the vitality and rumbustiousness of youth will ensure weeks of fun and gaiety. This may be our last Christmas together as a family because in future years Suni may choose other options, other adventures, and we would want her to feel free to do so. Equally, we too may want to enjoy this privilege. You can be sure we'll be making the most of the time we have together, nostalgically recalling past Christmases and falling back on the traditions unique to our family. May Christmas be a time of joyful togetherness for you all.





# Recent Releases



On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **THE TONIA TODMAN COLLECTION – Tonia Todman.**

Presenter of an amazingly popular television craft programme, Tonia Todman believes that craft projects should be well designed and practical as well as decorative, and should also be economical to make – quality and style need not be expensive. These beliefs are amply demonstrated in this wonderful collection of craft projects. The simple instructions, accompanied by clear illustrations and carefully designed pattern sheet, make the items easy and fun to produce. No matter what your craft preference there is something to suit you, be it sewing, embroidery, applique, painting, patchwork, papier mache or stencilling. Projects include many Christmas items, toys, chair cover, toiletries, storage boxes, evening bag, cushion and much more. Illustrated with black and white line drawings as well as lovely colour photographs of the finished items, the book would make an ideal gift for a crafty friend, if you can bear to part with it.

**P/b, 88 pp, Aust, Sally Milner Publishing for Gary Allen P/L, RRP \$19.95.**

## **THE FOOD COMBINING MENU COOKBOOK – Suzanne Gibbs.**

All those who have read about food combining diets (the Hay diet), but been daunted about putting the guidelines into practice will find this book a boon. Benefits of the Hay diet are said to be increased vitality, dynamic energy and effortless weight loss. Very simply put, food combining involves eating good food in combinations which harmonise to facilitate digestion and nutrient absorption. For example, proteins and starches are not mixed in the one meal. No ingredients are forbidden or considered bad for your health, although some are best partaken moderately. It is the way they are put together that makes the difference. Clearly set out charts enable you to easily see which foods can be beneficially combined. The recipes have been designed around today's lighter, healthier approach to food. There are breakfasts, salads and summer meals, soups, international fare, curries, barbecue ideas and vegetarian meals. Not all dishes are illustrated but mouth watering colour photographs of some give you an idea of the delicious treats in store. All menus seem simple to prepare with a minimum of time-consuming fiddliness and a maximum of healthy ingredients.

**P/b, 128 pp, Aust, Sally Milner Publishing, RRP \$19.95.**

## **BACKYARD SELF-SUFFICIENCY – Jackie French.**

A backyard should be able to feed you, entertain you, and give you joy – a good garden should be as thick as a fulfilled life. Jackie French tells you just how to achieve this in an average sized backyard, with a minimum of work, by planting thickly, with productive perennial species and with many reseeding annuals. Although I find the idea of half an hour's work a week to maintain such a productive garden to be attractive but misleading (This may depend largely upon the definition of work!), the book certainly describes a low maintenance, highly productive gardening system once established. Such a system requires thoughtful planning for best results and there is a chapter detailing how to make the best use of the available areas. The book is crammed with both imaginative ideas and practical advice, varieties to plant and where to obtain them, as well as how to grow, harvest, store and preserve them. A chapter discusses small animals suitable to contribute to your self-sufficiency, although further references (some mentioned) will be needed before undertaking keeping livestock. An around the year gardening calendar is an extremely detailed and useful guide to what to plant, harvest, maintain, at what time of year. The system as described is not for everyone (Where, for example, do the kids play ball games or where can they ride their bikes/trikes without running over strawberries or being strangled by trailing vines?), but there is something in it for everyone, and I think gardeners both novice and experienced will be delighted and inspired by it.

**P/b, 164 pp, Aust, Aird Books P/L, RRP \$14.95.**

## **WILDLIFE WATCHING IN VICTORIA – Department of Conservation and Environment.**

Native wildlife can be found in the most unexpected places, as well as in reserves and national parks set aside especially as wildlife habitats. In many cases wildlife can be found living close to cities and towns. This book lists over 90 sites, 18 of which are close to Melbourne, tells how to get there, describes the animals to be seen, where to see them, how to identify their calls, as well as facilities and special features of each site. The book is divided into geographical areas (colour coded for easy reference) such as the Mallee, within a day of Melbourne, the High Country and others. It is beautifully illustrated, clearly formatted and provides simple maps. A very useful guide for anyone (both Victorian residents and interstate visitors) wishing to discover and to learn more about our amazing wildlife.

**P/b, 96 pp, Aust, Lothian Books, RRP \$16.95.**

## **THE NATURAL TUCKER BREAD BOOK – John Downes.**

Bread has long been an important part of our diet, however the packaged supermarket varieties too often lack both taste and nutrition. Nothing can compare with the aroma and taste of freshly home-baked wholemeal bread. This book will enable the most inexperienced cook to bake delicious and nutritious loaves in a taste tempting variety – breads, rolls, cakes, unleavened breads, fruit loaves and rolls. All the recipes are high in fibre, low in salt and sugar, often use sourdough instead of yeast, and are chemical-free. Great detail is given about all the ingredients, their function in the bread, the best ones to use, how they are produced, where they can be obtained, and the nutritional benefits. Complete with many baking hints garnered from years of first-hand experience, this book is a must for any would-be baker.

**P/b, 128 pp, Aust, Hyland House Publishing, RRP \$9.95.**

## **BUILDING WITH STONE – Peter Kincald.**

The aim of this book is to provide people with the basic information needed to gain the skills necessary to build a good quality stone house of regular blocks laid in courses. It is based on the experiences of the author and his family in building their own sandstone home in this way, after finding that there was no information available to help them and having to learn 'on the job'. Anyone interested in this style of building will find step-by-step instructions for quarrying, transporting, dressing and laying stones of differing degrees of complexity, including ordinary wall stones, corner stones, window stones, lintels, sills, headers and arch stones. No previous knowledge of stone masonry is assumed and each procedure is well illustrated by drawings and photographs. There are comprehensive chapters dealing with many specific problems and projects. A good buy which could prevent much expensive trial and error for would-be stone masons.

**H/b, 127 pp, Aust, Hale & Iremonger, RRP \$35.**

## **YOUR BODY DOESN'T LIE – John Diamond MD.**

A simple muscle test can tell you how your body is reacting to any of the hundreds of daily influences we are all exposed to. These include food, noise, music, television, posture, clothing, lighting and visual images. Any of these factors which are having a negative effect on your body will cause your muscle to test weak indicating a decrease in your life energy. Use of this easy technique can enable you to avoid negative influences, which are likely to have long-term health repercussions, and to actively seek out those positive influences which will raise your life energy and maintain good health. All this is based on the importance of the thymus gland in regulating body energy. The book is written in a simple and interesting style with a minimum of jargon and is illustrated where relevant, enabling anyone to put the many practical suggestions to use in their own lifestyle and to enjoy improved health as a result.

**P/b, 142 pp, Aust, Angus & Robertson, RRP \$12.95.**



# GRASSIFIEDS

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Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

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**MICHELAGO**, 108 ACRES, 40 minutes south of Canberra City, 1/2 wooded, spectacular views, fully fenced 6 paddocks, 3 dams, 2 springs, bore with solar powered & designed house, inslab central heating, 3 b/r, study, country style kitchen & family room, pine lined cathedral ceilings with exposed beams to living areas, lge lounge/dining, lge machinery shed, self-contained cabin, other sheds, yds. Permaculture designed organic gardens & f/trees with reticulated water. \$265,000. Ph: 06-235-9172.

**INVERELL AREA**. Permaculture opportunity, organic 207 ac, f/hold, 20 min Inverell. Bitumen frontage, secluded, good rainfall, clean ground water, dam, well timbered, croppable, poison free, shed, solar c/van, school buses. Rates \$390. \$87,000. Ph: owner evenings 067-233-567.

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**DORRIGO AREA** very private setting, 1/2 ac surrounded by 28 ac crown land. Rustic 2-3 b/r home, all mod cons yet rustic charm, perm/water, granny flat, much more. \$95,000. Ph: 066-578-042.

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**ROSEWOOD 525 ACRES**, f/hold, subdivision possible. 100 ac cleared, rest beautiful natural forest, double brick home, all services, stockyard, shed. 3 HP, 400V, 10 KW, hydro/elect (nearly complete). Two dams, 11,000 gal tank, gravity water. Myriad native birds. \$250,000 ONO. Ph: 069-488-303.

**BERMAGUI**, 100 ACRE bush block, heavily timbered, crk on boundary, good aspect, short distance to township & beaches. \$96,000. Ph: 046-571-669.

**GRAFTON**, 22 km SW Armidale Rd, 20 ac f/hold, perm/crk, swimming hole, panoramic view Nymboida Hills, livable 12 x 6 m colourbond shed, town water, toilet/septic, shower, laundry, elect & ph, fenced, housesite, school bus. \$80,000. Ph: 066-449-714.

**LANITZA NE NSW**, 105 ACRE bush block. Power, 3/phase. Ph next door. Crk, 5 ac house site, cleared, 50 km to Coffs Harbour, 20 km to Grafton. School bus, rd frontage. Contact owners, Stuart & Maureen. Ph: 065-696-240.

**RIVERFRONT 180 ACRES**, grazing property, 40 min west of Kempsey. Two sml residences, power, ph, approved for multiple occupancy. \$150,000. Ph: 065-671-493.

**CREEKFRONT BUSHLAND**. Own your own nat pk! Natural bush in Towamba Hills inland from Eden on Vic/NSW border. We have left a sml block, 20 ac \$24,000 & a couple of super big ones \$75,000 & \$85,000. Ph: Nancy 047-824-856, 047-841-020.

**JUST NORTH OF NEWCASTLE**, 140 ac, fronts Karuah & Branch rivers. Undulating to hilly, plenty of trees, 2 dams, JCB backhoe, tractor & implements, old tipper. Lge portable building & shed, elect & ph at gate. A place of peace & private. \$165,000. Arnold, 20 Warraba Rd, GIRVAN 2425.

**GRAWIN OPAL FIELDS**, 2 b/r, steel frame house, fully fitted. LPG, stove/fridge, room heater, TV/VCR, 2500 gal water tanks. Ph: Diesel gen/12V back-up. POA. Photos. Ph: 049-682-012.

**LISMORE COUNTRY**, but 2 miles from PO, 11 & 5 ac adjoining. Magnificent 180° panorama. Flood free, 3-phase power, town water, ph & sewerage already connected. Plans approved, slab completed. \$150,000 ONO. Robert & Betty Bruce. Ph/Fax: 068-464-288.

**DORRIGO PLATEAU**, situated in North Dorrigo. Lge, old style, solid rosewood, weatherboard home, needs minor repairs, a good paint. Lge 40 x 40 iron shed, set up for small business, power, ph, water. Half ac block, estab f/trees, natives, exotics. School bus, tarred rd, 5 min to Dorrigo. \$82,000. Ph: 066-575-147.

**NORTH COAST**. Red Rock, 1/2 hr nth of Coffs Harbour. Council approved pole-frame split-level d/storey 1-2 b/r bush home. Solar efficient, potbelly, gas stove & HWS. Polished brush box floors, coachwood & hoop pine lining, underground power, r/w tanks, copious spring water. Old man banksias, palms, ferns & fish ponds. Greenhouse & sheds. Opposite crown land, 10 min walk to shops, club & most beautiful secluded beaches on nth coast. First time offered. Must sell by Xmas. \$76,000 ONO. Ph: 066-492-763.

**NORTHERN RIVERS** near Lismore, 41 flood free ac. Perm/crk & pristine underground spring water, 50 tree irrigated house orchard. School bus to door. Shed, 20 x 40' with living facilities. Double brick, 4 yo, 3 b/r, traditional home with bullnose verandah on 4 sides. Inground pool. Ideal for young family or couple retiring to a farm. \$198,000. Ph: 066-293-384.

**ARMIDALE**, 16 KM WEST, 5 b/r home on 5 acres. Two living areas, en suite, double garage, concrete block construction. Two dams & low maintenance garden with hundreds of native plants & teeming with birds. \$145,000. Ph: 067-752-205.

**DRAKE, NORTHERN NSW**, 4 blocks 25-58 ha open forest country with north east aspects. Water on all blocks, good rd access, bordered by state forest. Priced from \$27,400 to \$43,600. Ph: owner 067-376-665 or 067-376-616.

#### QUEENSLAND

**TARA, SE QLD**, Redlands Estate, 30 ac, flat, mostly cleared. Underground water front left hand corner of block, not fenced, 20 min from Tara. Price to sell \$15,000, vendor finance avail. \$5000 deposit, \$620 per month. Ph: G Anthony 063-471-343.

**TARA 30 ACRES**, two room temporary dwelling, tanks, shed, dam, power. Price \$18,950 or rent/caretake: \$25 per week plus power if needed. Bond \$200. Ph: 076-653-712.

**MOUNT PERRY**, west of Bundaberg, 100 ac, beautiful valley, some cleared, some timbered, fertile soil, high steep ridges. \$42,000. Owner finance on half deposit. Ph: 071-574-139.

**MACLEAY ISLAND** in Moreton Bay near Brisbane. Bush block 1012 m<sup>2</sup>, rd, water & elec access. \$37,500 ONO. Ph: S Smithson 09-294-4879 AH, 09-325-6198 BH.

**MALENY AREA**, secluded 68 ac, perm/crk, weatherboard house & shed (not lined), open country & good timber. School bus. \$181,000 ONO. Ph: 07-289-7201, 07-263-3325.

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

FINCH HATTON GORGE, 1 hr Mackay, 5 ac, r/forest, perm crk, beautiful all timber home/studio, power, shed, ph & pump, wood stove, bath, septic, school bus. \$62,000 ONO. Photos avail. Ph: 074-941-435/074-921-602.

66 ACRES, LOTS OF TREES, red cedar cabin, 20 km lge town, 50% deposit vendor finance over 5 yrs. Ph: 076-674-864.

THE PATH BECKONS, so now this peaceful pocket of tranquility at the foothills of the Eungella Ranges becomes avail incl a dynamic swimming hole with natural spa. This is fed from all year round crk which supplies all the water requirements of the property & residence. This 7 ac is an income producing citrus orchard, comprising 420 assorted electrically irrigated trees, cold room packing shed, machinery sheds, tractor, motor bike, sprayers (2), slasher, ride-on mower, one ton ute, on-site caravan, *plus* all tools & equipment imaginable. Residence, snugly hidden in the well-forested grounds, is self-cont & will come fully furnished. Situated 1/2 way between Mackay & the Whitsundays, this property is primary producing & has 2 regist business names. For more extensive details please ph: 079-588-254 AH.

TROPICAL PARADISE WITH INCOME. 5 ac of tropical fruit, citrus & nut trees. Hydroponic lettuce system, growing all year round, markets well estab, product sells itself. Returning over \$30,000 pa. Room for growth. 3 b/r masonry block dwelling & outdoor buildings. New packing shed, plenty of water from crk & bore, & more. Asking price \$325,000. No agent. More details ph: 070-937-417. Kuranda.

MACLEAY ISLAND, SOUTH EAST QLD, 2 1/4 ac on 2 blocks. Power, ph, perm water. Well maintained comfortable 3 b/r home, lock-up garage, tropical fruit trees, excel soil, walking distance to jetty, shops, school. 15 min fast ferry to mainland, then 1/2 hr Brisbane, 1 hr Gold Coast. Support 2 families self-sufficiently. \$120,000 ONO. Ph: 07-409-5439.

MACLEAY ISLAND, 32 perch, 4 yo, mud brick, 2 b/r, loft that sleeps 6 (that can be converted to 3 b/r), 2-way bathroom, beautiful landscaped gardens, fully fenced, 30 x 20 mud brick garage, bore, open kitchen, dining & lounge area, potbelly. Tiled & carpeted. 100 yds to water, 10 min by water taxi to mainland, only 35 min to Brisbane. \$105,000. Ph: 07-409-5583.

BUNDABERG AREA. Lovely undulating 50 ac block. Approx 5 ac natural r/forest on perm sandy crk. Spring-fed gully with maidenhair ferns & lagoon. Pasture & cattle yard. Power & ph avail, school bus past door. Only \$70,000. For more info please ph: 071-579-584 or write owner, B & J Reid, MS 264, BUNDABERG 4670.

GYMPIE, 37 ACRES, 6 ac cleared. Natural forest with crk, 3 water holes, shed. Flood free. \$45,000. Ph: 07-391-3953.

DEADLINES: GR 95 - DECEMBER 21ST  
GR 96 - FEBRUARY 19TH

CHARTERS TOWERS AREA, 100 ACRES on 2 adjoining blocks, f/hold, fully fenced. Well grassed with natural and introduced grasses, areas of good growing soil, good water supply with 2 bores, one equipped, tanks etc, power, ph, comfortable dwelling with partly built house, sheds, etc, quantity of estab f/trees. Wildlife lovers will get first preference as there are numerous tame birds & animals. \$100,000 ONO. Ph: 077-873-856.

IS YOUR HOME WORTH \$120,000? This buys you a very comfortable, large home on 26 ac, sheds, dams, cows, tractor, pumps, tools, appliances, furniture, in fact everything to start your new lifestyle now (WIWO). Our pension + small income from calves, our own meat, milk, vegies, sun, views, privacy & peace, give us a very happy existence. Why sell? Need more acres! 1 1/4 hrs west of Bundaberg, 10 mins small town, shops, school. Ph: Bill or Liz 071-277-151.

CLOSE TO WARWICK, 1 ACRE block of land in village Pratten. Bitumen rd access, town water, elec close by, ph passing gate, school bus, post delivered daily. Some apricot trees on land. Sell for \$18,000. PO Box 790, BEENLEIGH 4207.

WIDGEE, 3 B/R, brick veneer house on 66 ac in pollution free valley, perm crk & spring. Goat-proof fencing, shed, cattle yards. Crk flats have grown potatoes. School bus, shop, 10 min. 25 min to Gympie. \$130,000 ONO. Some finance avail. Ph: owner 074-840-195.

CENTRAL DOWNS, 517 ha, 4 km school, pub, store, 3 b/r, ph, power, orchard. Dalby, Chinchilla 45 km. Equipped shearing shed, cattle & sheep yards, 3 dams, 6 paddocks. Quiet & private. \$128,000. Ph: 076-689-132 AH.

AMAMoor, GYMPIE 35 mins, 40 ac, perm crk, dam, 2 b/r rock/timber cottage, fruit trees, shed. \$75,000. Ph: 074-843-481.

250 ACRES BUSH, 3 b/r steel frame house & double garage just built. B/ins in all b/rooms, dam, peaceful, can subdivide, power. \$167,000 ONO, or swap with smaller block with fruit trees, house, water. Ph: 071-262-255.

MALENY, SUNSHINE COAST HINTERLAND, 100 km nth of Brisbane private 4 ac, 2 b/r, WRC home, nthly aspect, views to the Pacific ocean, verandah 3 sides, 3 km to Maleny on school bus route, power, ph. Land ready for permaculture or small farm with over 30 mature fruit trees, gravity-fed irrigation from spring-fed dam, vegetable garden, chook run, pig pen, room to run 7 or 8 calves or house cow. \$195,000. Ph: Iain Duguid on 074-943-022, 074-943-420 AH.

## VICTORIA

SEYMOUR/CAVEAT AREA, 20 ac block, quiet, secluded. Permit to build, power, perm crk, tree ferns, wildlife, natural timber surrounds. \$60,000. Ph: 057-904-258 AH.

EAST GIPPSLAND (ENSAY), 22 ACRES, mostly bush, crk, SEC, adjoins state forest. Livable cabin (10 x 6 m), wood stove, tank. \$30,000 ONO. PO Box 705, ALICE SPRINGS 0871.

URGENT SALE, COUNTRY RETREAT, 5 ac bush setting with 1 b/r cottage. Features solar power, potbelly, gas fridge, also has shed, w/shop, dam, s/c stove & ph. Half hr sth of Ballarat, Dereel. \$56,000 ONO. Ph: 03-689-5191.

GIPPSLAND, ORGANIC MARKET GARDEN, 12 ac, complete sprinkler system, town water, good 3 b/r home, bungalow, subsoil drainage, highway frontage, orchard, wind-breaks, estab markets, coolroom, shedding. Level A cert, suit any type of horticulture. Handy to town, beaches, nat pks. \$135,000. Ph: 051-825-579.

PICTURESQUE COMBIENBAR VALLEY near Erinundra r/forest area. 4 b/r house on 10 fertile ac (5 various size paddocks). Excel pasture with shade trees up to 90 yo. Suit any GR activities (sheep, goats, cows, horses, crops). Abundant water. Many sheds (hay, machinery, chook, poddy, wood, car, storage). Disused brick dairy, suit studio etc. Lge comfortable house. Furnished, BIR, SEC. \$82,000. Ph: owner 051-585-232.

DUNOLLY, NEAR COMPLETE 3 b/r, mud brick house on 5 ac, bush block, solar power, ph, gas fridge, s/c stove, dam, state forest opposite, 10 min walk to town. \$43,000. Ph: 054-681-226 AH.

SOUTH GIPPSLAND, 16 km from Buchan, 66.6 ac, building permits avail, ph & SEC nearby. River rights, 1/2 cleared for grazing, good road access, picturesque views & secluded. Priced to sell \$55,000. Ph: 059-615-380.

WESTERN DISTRICT, FARMLET IN Chetwynd, only 1 hr from 5 major towns & beach, 30 ac of natural bush, 10 ac of cleared land with cottage, lge dam, small dairy piggery, sheds & fenced pasture. Price \$80,000 ONO. Ph: 055-831-593.

LAND, GELANTIPY, 10 ACRES, level, cleared, main rd. \$25,000 ONO. Ph: 051-559-228.

POSITION, POSITION, POSITION. Prime grazing, West Gippsland, Trafalgar township. 125 ac (50.46 ha), 2 titles, attractive vendor terms. North facing, magnif landscaped paddocks with huge trees. Prime grey loam & red soil. Flats gently undulating to some hill country, all well pastured, ample shelter, areas of tall timbered bush, crks. Two lge dams, concrete troughs (town water on site), lge new stockyards with steel cattle crush, one man cattle loading, close sale yards, encl hay shed, securely fenced. Ph & SEC no problem. Rare opportunity. A range of countryside & atmosphere, in secluded, majestic beauty, still intact in a developing township, 3 rd frontages, adj primary & secondary schools. Close shops, railway station, minutes Uralla Nat Pk, close to Blue Rock Dam. Only 1 1/2 hrs drive Melbourne. School Rd, Trafalgar. Ph: 03-822-5753.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

**YARRA JUNCTION.** Treed block in mtn valley, 3 b/r, w/b home, huge workshop/studio, walk to Steiner school & high school. Drive to markets, ideal for home craft business. \$69,950. Ph: 055-620-189, ask for Malcolm or Lassya.

### TASMANIA

**MAGNIFICENT RURAL PROPERTIES** within commuting distance of Devonport on Cradle Mt Rd. Blocks ranging in size from 20-80 ac, some with houses. Forest & pasture combinations. Good rd access, fencing, power, water, ph & school bus avail. Ph: 004-921-364 or 004-921-458. All enq answered.

**DELORAINE,** 10 km. Hobby farm, 10 ac, modern 3 b/r house, outbuildings, fruit trees, vegie garden, fertile red soil, plenty water, views to mtns, school bus, elec. Rates \$240. Please ph: 003-681-289 or write RSD 170A, ELIZABETH TOWN 7304.

**NW COAST,** 31 ACRES private, beautiful forest, Blackwoods, tree ferns, perm crk, volcanic soil, backing onto state forest, 3 ac mature orchard/self-suff garden on permaculture principle. Sheds, tanks, cottage, 10 min to town or beach. \$60,000. Write: N Jansen, FOREST 7330. Ph: 002-280-808.

**CHURCH,** 12 sq inside, 1000 m<sup>2</sup> outside, Claremont near Hobart, school, shops, water sports nearby. Valued \$60,000. Exchange for land nthn NSW. Expressions of interest, Church Ad, C/- PO Box 242, EUROA 3666.

**HUON VALLEY,** 9 ac, 22 sqs, 5 b/r, BIRs, 2 bathrooms (1 en suite), brick veneer, insulated, carpets or cork floors throughout. Lge glasshouse, small barn, sunny nth slope, bush, river valley & mtn views. Beautiful garden, many native shrubs to attract birds, over 50 species seen. Good fencing, grass & bush paddocks, 2 dams & perm spring, underground irrigation to over 100 fruit trees, berries, vines & stocked organic vegie garden, self-suff. Formerly NASAA Grade 1 certified, income. Price \$185,000. Ph: Owner 002-666-239.

**LOTTAH, NE TAS,** 4 1/2 ACRES, partly cleared, good soil + adjoining 1/4 ac, sep titles. Sell separately, \$16,000 & \$5500 or together \$20,000. Write Tas Yoga Therapy Centre, Lottah, RSD 2250, via ST HELENS 7216 or ph: 003-736-198.

**LILYDALE, MT ARTHUR,** 16 ac bush, perm crk, elevated stone/timber cottage, partly built, close school, shops, 25 mins to Launceston. \$42,000. Ph: 003-317-697.

**ST MARYS, MAGNIFICENT** views, clear mtn water, completely renovated 3 b/r house, big garden. School & shops in St Marys. 20 min to beautiful beaches & fishing. \$55,000. Ph: 003-815-267 AH.

**NE TAS, DERBY,** neat 3 b/r home in small picturesque town on 1 ac, incl 3 extra blocks on sep titles, all fronting river. Excel soil, lge vegie garden & estab f/trees. Town & tank water. \$34,000. Ph: Owner 003-542-440.

**WILMOT, TAS,** 9 ha, perm water supply, elec & ph, new fences, semi-completed house, 45 min Devonport. \$46,000. Ph: D & G Curran, 004-921-458.

**HOBART, 3 B/R,** split level, open plan, lge country kitchen, pine dining, sunny, 12 x 18 shed, hothouse, insulated, fenced, lge vegie/herb garden, storage room in loft, paved BBQ area, local school, shops, mtn views, cubby, woodshed, new hot water. Ph: 002-437-395.

**NICHOLLS RIVULET, 25 ACRES** of breathtakingly beautiful bushland, 50 km sth of Hobart. Small house with fuel stove, shed, tanks. A unique oppo to buy into the wilderness. For more info ph evenings: 09-339-4371.

**KOONYA, TASMAN PENINSULA,** forest retreat. Close spectacular coast & lots bushwalks, 1 1/2 hr Hobart, 5 km beach/school bus. Comfortable, solid, timber 3 room cottage, 22 ac. Tall forest, rainforest gullies, crk, birds, wildlife, perm springs. Small clearing, vegie garden, yurt, shed. Own 12V hydro-electric generating system/240V converter. Wood stoves, solar water heating, solar ph. Suit person(s) seeking environmentally friendly, peaceful lifestyle. \$89,000. Ph: 002-503-329. RMB 1380, KOONYA 7187.

**LOONGANA RETREAT,** Rainbow Ridge, 55 km from Ulverstone, 20 ac r/forest, 5 ac pasture. Reg organic farm, 3 b/r, 2 storey, double brick & King Billy shakes, 28 sq homestead & studio, pool, celery pine deck. Priceless views of mtns & valleys, 5 KVA Lister, wind generator & 24V batteries, gas fridge, 16 x 8 m shed with 8 x 8 m lock-up workshop. Forced to sell. \$118,000 ONO. Write Phil, PO Box 507, ULVERSTONE 7315.

**GLADSTONE, 1 3/4 ACRES.** Lge older style 3 b/r home. S/c stove, open fire, pantry, lge garage/shed. School, PO, general store, hotel. \$37,500. Ph: 003-572-136. Batchelor.

**HOBART, 5 ac** lightly timbered block 10 minutes from city centre. Hilltop, above nature reserve, with spectacular river & mtn views. Elec & ph at boundary. \$45,000. Ph: Max Levett, 002-477400, 002-437-688 AH.

**BRUNY ISLAND,** a piece of Tassie paradise, 27 lush ac with 4 b/r house. Plenty of outbuildings, old general store, butcher shop, dairy etc. Looking out over Daniel's Bay. Unbelievable lifestyle, going concern with horses, milking cows, pigs, owner returning to NZ. \$120,000. Ph: 002-931-163.

**PEACEFUL ALTERNATIVE** in secluded farming valley (35 min from Sheffield), 24 ac native trees & pasture, perm crk, charming timber cottage, open plan living, with lead-light windows, s/c stove, lge shed/workshop, mixed fruit orchard. \$45,000. Adjoining 10 ac bush & pasture on separate title, good soil & great view to Lake Cethana. Will sell separately. \$14,000. Ph: 004-911-322.

### SOUTH AUSTRALIA

**KEPPOCH, MUD BRICK HOME** of 23 sq of internal living, amidst a delightful estab native garden on 1 ha. Built to create a care free lifestyle, with all modern conveniences, in a peaceful rural setting. Ph: 087-696-137.

## WESTERN AUSTRALIA

**FIVE ACRE PROPERTY,** 75 mins from Perth, employment nearby, cleared ready for permaculture design. \$25,000. Vendors terms avail. Ph: 09-298-9020.

**TOODYAY, 4 ACRES,** Winter Creek, school bus, 1 hr from Perth, 4 b/r, 2 bathrooms, energy efficient solar home, open plan living, vine covered patios, carport, lge shed with office/games room, 20,000 gal r/w tanks, pressure pump on bore reticulating about 40 mixed organic fruit trees & vegie garden. \$145,000. Ph: 09-574-2343.

**RAVENSTHORPE, SOUTH COAST HWY,** between Esperance & Albany. Renovated Federation style house in town. Attractive stamped metal/iron house, 2 b/r with sleepout/sunroom, cosy bright atmosphere, gas stove, electric hot water, bituminised rd frontage. Estab garden. Scheme & rain water. Hospital, schools & resident doctors. Adjoining small organic market garden both 1/4 ac blocks. Business potential for expansion. Contact: P. Sudworthy, PO Box 248, RAVENSTHORPE 6346. Ph: 098-381-279 AH.

## COMMUNITIES

**MOORA MOORA COMMUNITY,** Healesville. Shares are still avail, plus houses for sale & opportunities to build on our 245 ha mtn top, 1 1/2 hrs from Melbourne. Write to: Denise Stevens, Membership, PO Box 214, HEALESVILLE 3777.

**NORTH EASTERN NSW NEAR LISMORE.** Beautiful Barkersvale, 2/9 share in 170 ac multiple occupancy. Settler's style block house, attic, open, spacious, 3 b/room, power, ph. Good access, flat fertile land, estab orchard, pasture, forest, crk & lge private swimming hole. Close to public school, Steiner school, shop. Share tractor, implements. \$90,000. Ph: 066-895-027.

**KYOGLE, 1/25 share** in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access, lovely views & privacy. \$30,000. Tracey, PO Box 492, LISMORE 2480. Ph: 066-221-020 BH, 066-243-792 AH.

**ESTABLISHED COMMUNITY, 5 ac** share. Unique timber home, gardens, f/trees, solar power. Close to Steiner & public schools, 15 km Nimbin. Urgent sale. \$65,000. Ph: 066-858-809.

**FAR NORTH COAST NSW,** one hr Tweed Heads, one hr Byron. Shares avail on long estab co-operative community in Uki, 180 ac semi-tropical r/forest. Each share with private livable dwelling & 5-10 ac usage area. Our aims are flora & fauna protection, self-suff, sharing & living life to the full. Privacy & individualism respected. Cats/dogs not permitted. Prices \$38,000 - \$55,000. Further enq. Ph: 066-795-369 after 7 pm.

**NIMBIN 6 km,** comfortable 2-3 b/r house, 12V solar elec (converts to 240V), generator, gas stove/fridge, HWS, walk-in pantry, ph, plenty water, f/trees, vegies, insulated studio/garage 6 x 8 m, multiple occupancy, private 2 ac adjacent nat pk, company title. \$80,000. Ph: 066-895-035.

# GRASSIFIEDS

## COMMUNITIES

**LILLIFIELD COMMUNITY**, 330 ac beautiful land in hills between Lismore & Murwillumbah, 15 mins from Nimbin, hr from coast, fully approved by local council. Land is owned by an incorporated company but each member has shares giving entitlement to about 5 ac for private use. Members also share over 100 ac common land & use of community tractors & other facilities. There are a few shares avail, some untouched sites, some dwellings. Prices from \$19,000. There is a Steiner School on adjacent land. Cats, dogs not permitted. Please write: Lillifield, Lillian Rock, Via KYOGLE 2474. Ph: 066-897-394. **THORA** - 'Diehappy' is the area's name & nature guarantees you will. Half share in 25 ac, all r/forest, lagoon surrounded with tall tree ferns, abundant wildlife. Total privacy forever, yet only a short walk to community centre, tennis crt & primary school, 4 km to Steiner School, 20 min Bellingen, 1 hr Coffs Harbour. \$50,000. Ph: 066-558-687.

**QUARTER SHARE** in 100 ac. Private cabin utilities in communal building, mains power, single person. \$16,000. Ph: 076-682-174.

**NORTH COAST, NSW.** The last share parcels are now avail for purchase in 1200 ac property enjoying 3.5 km of main river frontage nestling in the upper reaches of Taylors Arm Valley. The land itself is a complete ecosystem with intact water catchments feeding 2 secluded valleys. Approx 100 ac cleared, the balance hardwood & beautiful r/forest. The aim of the project is to create a balance between lifestyle, business & the environment, founded on ethical principles, to provide freedom & security through the difficult times ahead. Present projects underway incl the plant nursery, carpentry, art studio, forensic consultancy & photographic darkroom. We're looking for people willing to instigate or participate in craft based industries, organic farming, forest care, etc. Selection of participants based on compatibility with aims of project. The remaining parcels are: 2/40 at \$30,000; 5/40 at \$70,000. For details write, fax or ph the Trustees, Garravambi Project, Willow Bend, THUMB CREEK 2447. Ph: 065-642-219, Fax: 065-642-201. Genuine enq only.

## FOR RENT

**NSW SOUTH COAST**, comfortable, rural flat, 1 b/r. Avail short or long-term. Great position & climate. Between Batemans Bay & Moruya, overlooking beaches, 2 hrs Canberra. Adjoins state forest, has town water, lots of wildlife, suit responsible nature lovers(s), writer, artist, etc, n/s, n/pets, low rent. Ph: 044-717-965.

**UNIQUE, OPPORTUNITY TO RENT** superb mud brick house, mtn property, 1 1/2 hrs Melbourne. Space for horse, horticulture, art work, ideal healing centre. Owner lives in other house on property. Interest healing, art, music, Steiner school 15 km. Box 167, **WARBURTON** 3799.

**DEADLINES: GR 95 - DECEMBER 21ST  
GR 96 - FEBRUARY 19TH**

**MID NORTH COAST NSW**, 2/3 b/r open living house on 50 ac, 10 km shop, pub, 40 km main town, beach; ph, power, septic, water to house, gardens, crk flats. Suit middle age, retired or GR minded person/s, n/drugs. I will be living, sharing house in between jobs, cheap (long-term) rent in return for maintaining gardens, caretaking. VFH (GR 94), C/- PO Box 242, EUROA 3666.

**BASIC HOUSE**, no elec, ph connected, 18 km Kyogle nth NSW, crk frontage, 100 ac. Ph: 03-761-1066 AM weekends.

## WANTED TO RENT

**WANTED, FARMHOUSE/COUNTRY COTTAGE/SMALL COMMUNITY.** Mother & 12 yo daughter seek home in country area nth NSW, Qld. Many craft skills, keen gardeners, seek long-term rental out of the city. Ref avail, quiet people, lovers of the bush. If you can help please ph Janet McKenzie, rev charge to 07-399-6286.

**GR PERSONS REQUIRE PROPERTY** to caretake or rent in NE tablelands in NSW. Ph anytime as soon as possible. Excel references avail. Ph: 066-895-011.

**EAST GIPPSLAND**, couple into organic gardening, GR lifestyle, seeking to rent house & sml ac. Prefer quiet bush setting. EG (GR 94), C/- PO Box 242, EUROA 3666.

**FAMILY, SEEKING HOUSE/LAND TO RENT/CARETAKE** from Jan '93. Prefer near to Daystar Steiner School, nth NSW. Share land fine, anything gratefully considered. Many skills to offer. Please write: S Marama, 10 Kolora Cres, MT ELIZA 3930. Ph: (Reverse charge) 03-787-1785.

**HOUSE TO RENT IN HOBART/CHANNEL AREA** from late Dec/early Jan, 1993, for a minimum of one year. Couple with young child, honest, reliable & prepared to upkeep garden & house. No pets. Contact: Addie & Kim, 7A Birkalla Tce, **PLYMPTON** 5038.

## BUSINESS FOR SALE

**SCOTTSDALE TASMANIA:** Scottsdale new & used. Leasehold business specialising in new & used furniture, household appliances, bric-a-brac & some antiques, 50 min from Launceston, population 3100. Long-term lease avail. Training provided if req. Showing excel returns. Genuine reason for selling. Price \$16,000 + SAV. For further info. Ph: 003-523-324 or 003-542-381 AH.

**COUNTRY RETREAT**, relaxed lifestyle in Thora Valley, near Bellingen NSW. Opportunity for income from accom. Price \$290,000. Ph: 066-558-632.

**PLACING AN AD?  
See page 69 for details.**

**BRIC-A-BRAC/BOOK SHOP:** Old bottles etc. In Golden Triangle Vic. Good lease. On main highway, rent \$80 pw, no rates, selling fittings & stock at valuation less 50%. No good will WIWO. Will buy back on same terms if not satisfied. **INGLEWOOD.** Ph: 054-383-507.

## OPPORTUNITIES

**RENT FREE CARAVAN SITE** or other accom avail in exchange for caretaking, to fit woman with car on lovely sml property owned by lady 10 min from inland city. For Rent (GR 94), C/- PO, Box 242, EUROA 3666.

**RENT FREE** of five ac lots, in exchange for work. Must be n/smoker, n/drinker. Ph: 063-761-103.

**PENSIONER COUPLE WANTED.** Share workload on sml property. Must love goats, work 2 weeks, have one off. Caravan provided, perm position. Ph: 071-647-268.

**FREE ACCOMMODATION IN EXCHANGE** for approx 12 hrs labour/caretaking per week, on NSW mid nth coast organic farm with orchard, nursery & poultry. Option of share farming after trial period. One b/r, self-contained, private flat furnished, would probably suit single or couple in middle yrs or semi-retired seeking active involvement in a rural lifestyle with a modest income potential.

Apply in writing providing details or experience/interests plus references to: Organic Share Farming, C/- PO, PORT MACQUARIE 2444. **HOLIDAY CABIN** on your land? Earn extra income. We supply designs, construction assistance & bookings. Material package kits from \$11,500. Samur Pty Ltd, PO Box 470, CAMMERAY 2062. Ph: 02-959-4817.

**BEAT THE RECESSION**, become self-employed, part-time or full: The direct sales industry may be the way out for you. For more info. Ph: 042-288-464.

**EARN UNLIMITED INCOME AT HOME** filling envelopes. Full assistance given. Send SASE to Sales Unlimited, PO Box 14 GR, NORTH CAIRNS 4870.

**LARGE CARAVAN ACCOMMODATION**, Hunter Valley bush block, exchange labour, share incomplete house with 2 others, veg/n/s prefer. Ph: 049-382-036, 049-343-455.

## WANTED

**WANTED, CAMPSITE** for Xmas holidays Dec 26th - Jan 2nd. We are 20 environmentally aware campers, we seek a private spot on a drinking water crk, near or in a forest between 1 1/2 & 5 hrs from Melbourne. Will pay around \$350-400. Ph: Len 03-836-4556.

**HOUSE SWAP** for one year NE Tas for Bellingen area. More info. Ph: 003-542-120. **NSW, MATURE GENT**, likes peace, sunbathing, massage, walking, fitness, seeks similar singles or couples for communal living. Johnny (GR 94), C/- PO Box 242, EUROA 3666.

**LARGE KERO FRIDGE**, looks unimportant but must be reliable. Please write: Mike, PO Box 12, QUEANBEYAN 2620.



# GRASSIFIEDS

## WANTED

COUPLE IN 50s, after bush camping site in SE Qld for holidays. Looking for bushwalks, hill climbs, privacy. Must have good water. Willing to pay. J McCormack, 25 Mongabarra St, BRACKEN RIDGE 4017.

YULUNGA seeks active co-workers committed to inner growth for involvement in sml Healing Centre/Community. Approved multiple occupancy development in secluded rural setting. Presently running attitudinal healing workshops/training programme. Yulunga, Via KYOGLE 2474. Ph: 066-897-231.

WANTED TO SHARE: Busy male in mid 20s seeks female housemate in farmhouse on lge rural property in East Gippsland. Cheap rent & refs preferred. Correspondence to Paul (GR 94), C/- PO Box 242, EUROA 3666.

GOVERNESS TYPE POSITION on property for single mother (Associate diploma childcare) with 4 yo child. Prefer sub-tropical to tropical setting. Some interests incl; early childhood education, natural health, aromatherapy, bodywork, reading & gardening. Please write to: Andrea Borbas, 18/6186 Runge St, COCONUT GROVE 0810.

ACCOMMODATION AROUND GLASS HOUSE mtn area Qld, for mature 22 yo female in exchange for organic gardening, preserving & general help towards self-suff. Five yrs experience. Write to Vanessa, C/-PO, YANDINA 4561.

A COPY IN GOOD ORDER of *Eagles, Hawks and Falcons of Australia*, by David Holland. Ph: 057-985-330.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices + freight pd. Contact Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

## PROPERTY WANTED

MINIMUM ONE ACRE, with/without dwelling, Murwillumbah area thereabouts. Mark or Rhonda. Ph: 066-722-049.

ACREAGE SUITABLE BUSH TOURIST RESORT, multiple occupancy, NE NSW/SE Qld. Forest, water, good town access. Consider exchange/cash adjustment Greenwich (Sydney) 2 b/r unit (splendid view) or 221 M<sup>2</sup> fascinating stone/timber pole house NSW rural far nth coast. Ph: 066-877-229.

WANTED SOME LAND, have \$8000, deposit. Vendor terms, or community share land, nth Qld anywhere. Sheila Lavery, 1/13 Garrick St, WEST END 4812.

## HANDCRAFTS

FOUR SHAFT, 30 in wide weaving loom, table model. Good condition. \$250. BROADFORD 3658. Ph: 057-841-906.

TETLOW 13 INCH POTTERS WHEEL, near new condition, complete with bats & all potter's equipment, puggery bench, mobile trolley, 30 blocks Walkers clay, some moulds for various items, 20 lt slip, various glazes. \$750. BROADFORD 3658. Ph: 057-841-906.

## PLACING AN AD? See page 69 for details.

KAMEL GAS KILN (LPG), Model A, 0.238 cub/m (6 cub/ft), complete with burner, all kiln furniture, pyrometer, cones, gas regulator & all gauges needed. Good condition. New price all up over \$3500, sell for \$1750. BROADFORD 3658. Ph: 057-841-906.

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WEAVING LOOMS. Lightweight 20 cm (8 in) 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reeds, 8, 10, 12, 15 dent. \$135 plus p&p/freight. Arty & Crafty, PO Box 40, DAW PARK 5041. Mastercard, Visa, Bankcard, Cheques.

POTPOURRI & SACHET SUPPLIES: The Australian company with a traditional flavour. We buy direct from source & manufacture ourselves to offer the best in Australia at the lowest prices - craft & decorator potpourri, flowers, fragrant oils, books & a range of quality Australian made fragrant gifts. Write for free mail order catalogue. PO Box 53G, NORTHCOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

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POLLEN, no additives. 450 g sample pack \$9, 1.9 kg pack \$32.50, 4.7 kg pack \$65. Prices incl p&p. J M Read, 8 River St, MURRAY BRIDGE 5253.

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## COURSES

PERMACULTURE DESIGN COURSES '93 temperate regions, 10-19th April, 4-13th June. Venue: 'Willuna', Chiltern, NE Vic. Tutors: Vries & Hugh Gravestien. Contact: V Gravestien, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

YOGA, beginners integral correspondence course, books, tapes. Write to Arya Bhakta School of Yoga, PO Box 283, WANNEROO 6065.

STUDY AT HOME by correspondence. Earn professional diploma & certificate qualifications for career & family use. Select your FREE brochure from: aromatherapy, traditional folk medicine, vitamins & nutrition, psychic healing, personal psychic development, safety & security counselling, Wicca. 1992 new course, 'The Green Vet' (certif course - domestic & farm animals). Wiccan Home Studies, (est 1970), PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 BH.

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## CLUBS AND SOCIETIES

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Info, counselling, newsletter. For info & membership write, to: PO Box 280, PARRAMATTA 2124.

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**AUSTRALIAN HERB SOCIETY.** Members receive quarterly magazine, seed from Seed Bank free, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560.

## CALENDAR EVENTS

**GROW ORGANIC '93.** 6-8th March (Labour Day weekend). McMillan Scout Camp/Strathfieldsaye near Sale, East Gippsland. Topics: permaculture, homeopathy & organics, soils, organic dairy farming, agro-forestry, aquaculture, commercial vegetable farming. Speakers from 3 Certifying Groups: National Assoc Sustainable Agriculture Aust, Biological Farmers Assoc, Biodynamics. For info, write to East Gippsland Organic Agriculture Association Inc, PO Box 1263, BAIRNSDALE 3875. Ph: 051-571-586 or 051-444-396.

## PUBLICATIONS

**'THE SEED SAVERS' HANDBOOK'** by Michel & Jude Fanton, newly released, \$25 post paid. See artichoke article this issue. Box 975, BYRON BAY 2481.

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'THE MAGIC GARDEN' & other books on herbs & Celtic rituals by Rhiannon Ryall published by 'Broomtail'. Send for our catalogue of books on herbs, healing, spiritualism, animals, magic etc. An exciting list of mail order books from Broomtail Books, PO Box 62, LONG GULLY 3559.

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See page 69 for details.

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# GRASSIFIEDS

## CONTACTS

*If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your advertisement.*

### NSW

WIDOW, GRASS ROOTS painter, writer, 60 yo, 5'6, 68 kg, former teacher & business director wishes contact with financially independent n/smoker, mod/drinker, n/religious, healthy gentleman, outdoors elective pursuits, bushwalks, communicate. German descendant, farming stock-NSW preferred, loving, warm, down-to-earth. Address to Addie, 8a/103 Junction St, NOWRA 2541.

MAN, 52, NORTH EAST NSW, educated, travelled, spiritual, living an escapist lifestyle in a completely bush setting. Proud, practical & independent, believing in the oneness of all things both on our planet & in our universe. Seeks a mate with whom to share stillness, thoughts & passions. She will be an achiever in her own right, a quiet nature, a thinker, a woman of self-expression. Please meditate deeply on my words & only answer if you feel a soul response to my call. Philip (GR 94), C/- PO Box 242, EUROA 3666.

ASIAN GUY, early 50s, seeks Aust lady penfriend with a view to meet later. Penfriend (GR 94), C/- PO Box 242, EUROA 3666.

COUPLE MID 40s, living Nambucca Valley, would like to contact Grass Roots people who are n/smokers & not into drugs. Interests incl organic growing, raising chickens, the environment, beach, yoga, quiet music & non aggressive lifestyle. Please write MM (GR 94), C/- PO Box 242, EUROA 3666.

ATTRACTIVE, BRUNETTE, green eyes, uni educated, good sense of humour, n/drinker & n/smoker, inner western suburbs of Sydney. Would like to meet a man to 45 who lives in Sydney. I enjoy garden & flowers, bushwalking & dancing, restaurants & enjoying another's company. Reply Jo-anne (GR 94), C/-PO Box 242, EUROA 3666.

BRIGHT, BUBBLY, independent, honest, intelligent, slim female, seeks soul mate to 48. I'm into psychology, self-growth & open communication, enjoy nature, Tia chi, love life, n/smoker. Photo appreciated. JJ (GR 94), C/-PO Box 242, EUROA 3666.

LADY, YOUNG 54, FIT NOT FAT, s/drinker, s/smoker, reliable, honest, resourceful, artistic, independent, British, sense of humour, has lots of friends. Likes communicating & caring for others, travelling, dining out, music, gardening, flora & fauna, fishing, tennis, reading AG mags. Lives on small acreage nth NSW. Wishes share enjoyments of life with motivated & compatible male. DV (GR 94), C/- PO Box 242, EUROA 3666.

DEADLINES: GR 95 - DECEMBER 21ST  
GR 96 - FEBRUARY 19TH

DUBBO, YOUNG LOOKING, gay guy, 50 yo, slim, very healthy. Loves outdoors, varied interests, great cook, 170 cm tall. Seeks guy to 40 yo. Healthy, good sense of humour, no hassles. I live on small property. I'm interested in future r/ship. Photo appreciated. Genuine replies only please. Stan Davies, PO Box 204, DUBBO 2830.

ASTROLOGER WANTS SUN conjunct sextile trine moon girl (1/5/10NOV59) or 30-35. Grow 40x\$10K/Ha/Yr Teatree, Grafton-Lismore. LarySteven, COOYAL 2850.

50 YEAR OLD LADY, div, warm, sensitive, caring, genuine & fun-loving. Interested in everything, but feeling a little lost after collapse of world as I knew it. Rebuilding new world. Love *real* people of all ages, adore animals, nature in general. Enjoy most things shared. Am living country lifestyle, not unlike paradise, close to Sydney. Would love to share life here with someone compatible. Would welcome & promise to answer correspondence from males or females of similar nature. Age unimportant. Sense of humour & genuine decent standards a must. No pretenders please. Don't hesitate to write due to shyness or whatever as this ad took courage too. Write Nin, C/- PO Box 548, BAULKHAM HILLS 2153.

SCORPIO STEVE, 37 YEARS OLD, 6', living in Blue Mtns, broadminded, gentle nature, financially secure, no ties, enjoys bushwalking, gardening, movies, theatre, music, seeks friendship with straightforward woman, children OK. Please write Steve (GR 94), C/- PO Box 242, EUROA 3666.

MALE, 32 YEAR OLD, 5'6, living in Sydney, but longing for the big move. I'm honest, caring & full-time father of 4 yo son. Enjoy woodwork, gardening, playing guitar, camping & GR lifestyle. Seeks sincere, honest, n/smoker, GR type lady. Steven (GR 94), C/-PO Box 242, EUROA 3666.

38 YEAR OLD AUSSIE gent would like to meet city or country girl, late 20s to 40, for companionship, doing things together. Interested in outdoors, camping, fossicking for gold/gems, travel. Enjoying life with a minimum of hassles & stress. Honest, down-to-earth, caring, good natured, a bit adventurous. No ghosts or anger from the past. Free to spend time doing some of these things with a good natured, single guy (slightly used) who is starting over from scratch a little wiser, but needs a good companion. Replies 'Starting from Scratch', C/- PO Box 242, EUROA 3666.

SEVENTH-DAY SABBATH KEEPER lady, n/smoker, n/drinker, vegetarian, quiet, loves nature, 45 yo. Looking for an honest, loving, caring, gentleman, hard working. Only sincere gentlemen answer. Would like photo please. Rosemary (GR 94), C/- PO Box 242, EUROA 3666.

MAN, 27, n/smoker, s/drinker, good looking with a lust for life. I am of independent means & independent mind. I have not replaced myself on the planet yet (no kids). I am a talker & a listener, are you too? If you're under 35 & over 18 without any replacements so far & are adventurous, discerning & intelligent then come up and see me some time. Dave (GR 94), C/- PO Box 242, EUROA 3666.

MALE, 40 YEARS OLD, slim, fit & healthy, n/smoker, financially secure, on bush property sth cst NSW. Nature lover, outdoors-type. Educated, practical. Interests incl books, music, travel, bushwalking, photography. Seek compatible, adventurous female soul mate to share my idyllic lifestyle. AV, PO Box 485, ULLADULLA 2539.

ACTIVE AUSSIE CAPRICORN widow, 5'4, slim, shy, brown hair, big brown eyes, young 50, full-time secretary, also handywoman, own home/car, no children, healthy, n/smoker, l/social drinker, with many interests incl breeding/showing Siamese cats, dinner, movies, theatre, tenpin bowling, reading, music, car rallies (mechanically minded!), horse riding. Seeking decent gentleman with similar background/situation/interests, preferably clean-shaven, living around Sydney, definite n/smoker, l/social drinker, no drugs, for ongoing friendship. Sense of humour essential! ALA. Patricia, C/- 37 Taylor St, BANKSTOWN 2200.

FILIPINA LADY, SINGLE, well educated, 32 yo, wants to correspond genuine gentleman between 30-50 yo, for friendship, view to marriage. Please write to Dedit Pajaron, 'Silver Birch', WYNDHAM 2550.

I'M LOOKING FOR MY LADY, to love, to share my house, my music & my life with. I live on a multiple occupancy 12 km NW of Nimbin. She could be 36-45, I don't mind your children (accom is limited), slim, maybe long hair, musically inclined, maybe a singer, loving, n/smoker, n/drugs, s/drinker, green fingers, simple living. Ph: 066-897-394, or Arthur, Lillifield, LILLIAN ROCK 2474.

### ANSWERING AN AD?

*Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.*

### QLD

32 YEAR OLD ENGLISH WOMAN, witty & non-whinger, living in Australia, would like to establish m/f contacts of similar age in NZ prior to visit early '93. Seeking company & fun moments, quiet or ragey pursuits. Write Jennifer, Lot 15, Bathurst Dr, Mulgrave Heights, EDMONTON 4869.

ARTICULATE, SENSITIVE, supportive, 43 yo optimist, 5'9, bald, slender. I seek an intelligent, widely read, witty, centred, nurturing lady who enjoys gardening, camping, cooking & home entertainment. Prefer no young dependents. Write Optimist, PO Box 449, MALENY 4552.



# GRASSIFIEDS

## CONTACTS

### QLD

**FIT, ATTRACTIVE LADY** sought to share life with young, 49 yo ex-engineer on board 35 ft yacht, no previous sailing experience needed. Sailing north from Brisbane winter '93, then hopefully NZ & Pacific Islands. Interests include music, travelling, dancing (all types), bushwalking, computer programming, fast driving, meeting down-to-earth people who behave naturally & can express themselves honestly, new experiences. Loves include independence, opera, physical activities. Am seeking mature, young woman who is financially independent & has no emotional or other hang-ups & who wants to lead a natural, easy-going lifestyle with plenty of adventure. Photo appreciated. Please write Bruce, GPO Box 1683, BRISBANE 4001.

**CREATIVE, WARM, sensitive Pisces lady.** Yearns for companionship of tall, caring, n/smoker, gentle man, 50-60. There is no need to be alone if only we are willing to reach out & risk involvement. I'm interested in sharing a country lifestyle in SE Qld with an unselfish positive mate & hopefully develop an emotionally & physically supportive r/ship. I paint, love renovating, music, creatures great & small, conversation, cuddles, shared laughter. Please write Shalom (GR 94), C/- PO Box 242, EUROA 3666.

**NEEM & COMPOST LOVER**, div, 45 yo male, Charters Towers next year, fit, n/smoker, n/a, Christian, loves music, history, world affairs, seek like-minded woman, children all right. Reply PO Box 195, ST LUCIA 4067 (Personal).

**NTH NSW-QLD.** Gay guy fit, 49 yo, caring, quiet, sincere, good looks, straight acting, financial. Looking for similar partner 40+, desiring rural living. Need someone to share autumn years with. Must be understanding, thoughtful, love outdoors & down-to-earth. Write Mal (GR 94), C/- PO Box 242, EUROA 3666.

**CAPRICORN AUSSIE MAN**, 33, nice looking, healthy build, 173 cm, 70 kg, blue eyes, dark hair. Loves music, outdoors, animals, good humour. Never married. Developing hobby farm, looking for perm female partner, age neg. ALA. Photo appreciated. JM (GR 94), C/- PO Box 242, EUROA 3666.

**MALE**, 36, VERY FIT, gay, appreciate nature. N/smoker, n/drinker, vegie. Intelligent, spiritually aware, not cosmic. Bushwalking, camping etc. Sincere, honest, fun, affectionate. Photo please. HR (GR 94), C/- PO Box 242, EUROA 3666.

**SE QUEENSLAND LADY**, early 50s, slim, active, affectionate, seeking a quality r/ship with a caring, stable man, n/smoker, s/drinker, n/drugs. If you see yourself as being open-minded, emotionally mature, fun-loving, adventurous, leading a healthy & active lifestyle. If your priority is to be happy & fulfilled within an honest, sharing, loving, monogamous r/ship please write. Photo appreciated. Jo-an (GR 94), C/- PO Box 242, EUROA 3666.

*If you doubt the wisdom of replying to any ad - don't!*

**QLD GENTLEMAN**, 51, Cancerian, loves cats, animals, reading, handicrafts, fishing & carpentry. I am looking for a young lady, 40-55 with similar interests, children welcome. Eric (GR 94), C/- PO Box 242, EUROA 3666.

**BUSH TUCKER MAN**, 35, 184 cm, with young Tarzan, seeks bush lady to share ups & downs of life. If you like children, animals, tropical climate, periods of isolation, spartan simplicity, the challenge to be self-sufficient & the beauty of the bush, please write to Bush (GR 94), C/- PO Box 242, EUROA 3666.

**TALL GEMINI MALE**, 31. Traveller, son of the soil, motor cyclist, flexible, open minded, vegetarian. Likes camping, craft work, growing, slightly damaged. Caring woman wanted various interests an advantage. A friend's house is never far away. Write to Bob, C/- PO box 242, EUROA 3666.

### VIC

**SINGLE LADY**, mid 20s, n/smoker, n/drinker, n/drugs, required for Vic camping trip by single male. Please have driver's licence & knowledge of an auto Commodore & cooking. Love of bush activities & 2 man tent required. Be prepared to share all experiences. You will receive a share of gold we obtain. All replies answered. Please reply to Gordon Harrison. C/- PO, WANGARATTA 3677.

**COUNTRY GENT, DIV**, n/smoker, s/drinker, tall, semi-retired. Like to correspond with country gentlewoman, 50s, easy-going, but independent. Interested developing sharing r/ship. Home base perhaps Qld. Country living, loving, communication, reading, travel, dance, swimming. RT, PO Box 86, MEENIYAN 3956.

**ORDINARY BLOKE**, has 20 acres in hills, wishes to meet smallish lady, age young 60s or less, interest quiet country life, gardening, fishing, golf, sports. Ph: 057-773-776. Write RMB 1521, Monkey Gully Rd, MANSFIELD 3722.

**MELBOURNE VEGETARIAN**, 43, tall, intelligent, affectionate, n/smoker, lots of interests & easy to get along with. Likes both city & country. Wishes to meet loving, sincere, vegetarian woman, 30-50, for friendship & possibly perm r/ship in which the traditional male-female roles are reversed. Please write to PO Box 440, RICHMOND 3121.

**FEMALE, DIV**, 33. Hobbies incl slow hiking, fishing, camping, making things out of junk, vegie & cottage gardening. Not looking for husband or lover, just companionship. Broadford. Terese (GR 94), C/- PO Box 242, EUROA 3666.

**I'M LOOKING FOR MY LADY** to share my life. I'm male, early 40s. The lady would be single, n/smoker, n/drinker, must have love, concern for animals & be interested in the farm, land & environment type issues. FN (GR 94), C/- PO Box 242, EUROA 3666.

**STRONG, SENSITIVE, MISCHIEVOUS**, romantic, good-looking & passionate man, mid 30s, leading a scholarly but energetic lifestyle enjoying the literary & creative arts, gardening, dancing, the bush & beach & much more. Seeks the lady who is a powerful person, self-assured, independent & uninhibited, communicative & feeling expressive, spiritual, attractive & under 30. Photo appreciated, returned & reciprocated. Dionysius (GR 94), C/- PO Box 242, EUROA 3666.

**QUIET COUNTRY GENTLEMAN**, seeks quiet country home with loving honest, sincere lady, aged between 50-60 with sense of humour, friendship leading to stable r/ship. I do not want drugs/religious/health fanatics. I am 60 yo, 6', well built, brown eyes & hair. My hobbies are gardening, making garden compost, leatherwork, making wooden toys, fishing, touring, movies. Plus n/smoker, n/drinker. With a good companion we can look together to the future. Noel, PO Box 804, WODONGA 3690.

**MALE, YOUNG 39**, seeks lady mid 20s-early 30s, slim, who loves sweet country air, watching things grow, bushwalking, travelling, healthy living, stargazing, motorcycling etc. I'm wild & rebellious of nature, but warm & affectionate. Write Mick, 46 Austin St, FOOTSCRAY 3011. Ph: 03-689-5191.

*We rely on the integrity of our advertisers, however ads appearing in this magazine do not necessarily have the recommendation of Grass Roots' publishers or staff.*

### WA

**WIDOWER**, 59, retired, mod drinker/smoker, likes music, reading, walking, dancing, flexible outlook. Like to meet genuine friend, male or female to share interests & outings. Terry (GR 94), C/- PO Box 242, EUROA 3666.

**ATTRACTIVE ENGLISH LADY**, 45 yrs young, needs to love & be loved by strong, trusting gent, 6'+, 45-55 yrs, young, into fitness, reading, music & love animals. Lived in forest NSW for 10 yrs, like alternative way of life, pref NSW area. Maureen (GR 94), C/- PO Box 242, EUROA 3666.

**I AM A NON-DRINKING ALCOHOLIC**, 33 yo, 6', male, seeking a woman in a similar position of any age nationality or appearance. I have green interests & seek a perm r/ship through mutual support & goals. Write Jim (GR 94), PO Box 242, EUROA 3666.

**DEADLINES: GR 95 - DECEMBER 21ST  
GR 96 - FEBRUARY 19TH**

### NT

**YOUNG 28 YEAR OLD male**, seeking someone to share what I want to share & be happy with it. Thomas (GR 94), C/- PO Box 242, EUROA 3666.

# GRASSIFIEDS

## CONTACTS

### TAS

MALE, 40, FIT & ACTIVE, 11 st, 6', sincere. I live onboard a yacht that I have built & sailed far for the past 15 yrs. I am self-employed, living in Hobart for a few yrs. Wide interests, books, music, ideas, RN, ABC-FM, no TV, video. I would like to meet a genuine, individual woman with a sense of adventure, romantic about life & nature, who would find the idea of sailing a small yacht exciting. All replies answered with honesty & sincerity. Michael, PO Box 64, ROSNY PARK 7018.

I AM A SINGLE MUM, 29, with 4 delightful children. After several traumatic years I am now getting my life back together again and would like nothing better than to meet a reliable, stable man, 30+, who would enjoy a ready-made family. I live in the mid west but would be happy to relocate to practically anywhere, with the right person, with a view to starting a fresh new life with some peace & happiness at last. My interests include playing cards, fishing, bushwalking, photography, sharing & caring. I enjoy country life & animals etc. If you can relate to this, please write (photo appreciated) & I will answer all letters. Carolyn (GR 94), C/- PO Box 242, EUROA 3666.

MALE 36, 5'10, 77 kg, good looking, fit, healthy, clean & tidy, n/smoker, s/drinker, love the country & all it has to offer, but also enjoy a night out. Plenty of energy, like to get things done. Broadminded interests from gardening to good music, a ride on a motorbike to a day at the races. Looking for a sensuous, attractive, easy-going lady with compatible interests. Photo much appreciated & returned. Write REM (GR 94), C/- PO Box 242, EUROA 3666.

### SA

ATTRACTIVE 26 YEAR OLD woman with wild long red hair, looking for a man who is interested in companionship, good conversation & some adventure. Sue. Ph: 08-298-1911. MALE, ATTRACTIVE 31 yo, healthy, independent. Always looking to improve oneself mentally, spiritually & emotionally. Love travel, music, sport, art & a good joke. Seeking 24-35, sincere, compassionate, healthy, adaptable woman with a sense of humour, to share life with. Please send photo. Kerry Price, 19 Anzac Ridge, BRIDGEWATER 5155.

MARRIED LADY, 50 yo, new to country, like to meet lady similar age for friendship. My interests are gardening, reading, music, not into clubs. Please write PO Box 378, KAPUNDA 5373.

### OTHER

I WOULD LIKE TO HAVE penfriends from 25 yo above in Aust. I'm 23 yo, petite with fair complexion, black long hair. I like movies, cooking, gardening, house working & reading. I'm simple girl & like simple life & happy. I'm not ugly, not very pretty. Annabelle Abanid, Purok 2 Panacan Relocation Village, Davao City, PHILIPPINES 8000.

AMERICAN SINGLE MEN & women seek Aussies for friendship/romance. Send details, interests to Pen-mates, PO Box 1796, Fort Lauderdale FL 33302, USA.

ASTROLINKE ASTROLOGY Assisted Introduction Service invites you to create your life as you want it & share it with your most compatible partner. Ph: 018-665-605 for brochure. Free Listing.

I'M 39 YEARS OLD, pure, single with black hair, fair complexion & working in wood factory. I love gardening, cooking, watching TV & housework. Seeking a pen friend from 40s above & understanding. More details ph: 06-297-7032. 'Yares'.

DEADLINES: GR 95 - DECEMBER 21ST  
GR 96 - FEBRUARY 19TH

Please refer to page 69 for details on how to advertise.

Sender's Name. . . . .		For issue no/s. . . . .	
Address. . . . .		Classification. . . . .	
. . . . . Postcode. . . . .		Cost. . . . .	
General advertisements cost 30c per word, and property for sale is 40c per word.			

## Feedback Link-Up Feedback

### Dear GR Friends,

I have a beautiful old plum tree in my yard and am wondering how to CONTROL THE FRUIT FLY ORGANICALLY come summer time. Any hints people might have would be greatly appreciated. Also if there's someone out there with a Fowlers Vacola recipe book they wish to sell cheaply, please write. My husband Brett is having trouble growing tomatoes and cabbage organically so can anyone help him there? Problems being fruit fly again and white cabbage moth.

I would also like to correspond with an older type person (I'm 26) who could possibly teach me via letters all the things, such as preserving fruit etc, that my mother never did.

Lisa Cooper  
38 Branxton ST, GRETA 2334.

### Dear Megg, David & Readers,

I still have plenty of US AND CANADIAN PENPALS, wishing to correspond with Aussie organic gardeners so if you'd like to send an SAE please I'll eventually get back to you. Last year the letters were coming while I was in hospital and a well meaning daughter put the unanswered ones away. I discovered them only last month, but I've since been incapacitated with glandular fever and bronchitis. so please hang in there.

I am looking for a recipe for LENTIL BURGERS like the ones I buy at the Healthies Shop at Garden City. Also any other vegetarian burger recipes people may care to send.

Shirley Svenson  
C/- J Doyle, 520 Musgrave Rd, COOPERS PLAINS 4108.

# Feedback Link-Up Feedback

**Dear Megg, GR & Readers,**

Hi everyone, well I have been inspired to write for several reasons – to connect with others of like lifestyle and to share some information.

I am 25 and have recently moved from Sydney to Perth with my beautiful partner Christopher and our angel daughter Emrys Jade. As much as I love it here I am finding the separation from my Sydney friends and the goods and services quite a wrench and am wanting to create a SUPPORT NETWORK here. I would really love to connect with other young mums who feel aligned with me. I am passionate about homebirth, home schooling, alternative healing, organic and biodynamic gardening, environmental politics, nonvaccination of children, parenting in a healthy nonabusive/codependent way, having lots of fun, abundance, in all things, vegan/vegetarianism and ecofeminism! I would describe myself as open, friendly, honest and an adventurer and pioneer of new frontiers.

Chris and I moved back to Perth for the quiet, clean environment and to begin anew our practices. Chris is a Master Practitioner of NLP (Neuro Linguistic Programming) and I work in healing of the emotional body using flower essences, quantum dynamics, express and release work and some techniques from codependency and addiction work. I enjoy working with women and children the most but love men too! I also began and led a women's goddess circle in Sydney and am looking to start again – so all you goddesses out there make yourselves known!

I have also just finished reading some truly beautiful books which have awe inspired me and moved me to feel joy. There may be some other gardeners out there who would appreciate them too. They are written by Machaëlle Small Wright and are called *Flower Essences: Reordering Our Understanding and Approach to Illness and Health, Behaving as if the God in all Life Mattered* and *Perelandra Garden: Workbooks 1 & 2: A Complete Guide to Working with Nature Intelligences and Co-Creative Energy Processes for Gardening, Agriculture and Life*. As Machaëlle lives in Virginia USA and her climate and energy environment is very different from ours, I am looking to share information and experience with anyone using her work in their garden here in Australia.

**Sam Bulloch**

107 Corinthian Rd (West), SHELLEY 6148.

**Dear GR Readers,**

I am writing in the hope someone might be able to help me. Like everybody, starting out and wanting to realise their goals, books are a starter, and the one I am wanting is a book on *Moving to the Country* By Ted Foster. Rigby Limited suggested (not in print any more) to look in the local second-hand book shops, so if anyone can help me find this book it would be much appreciated.

**David**

32 Caullara Ave, CAIRNS 4870.

**Dear Readers,**

As I no longer have access to free photocopying and cannot now offer to send information on IMMUNISATIONS, I thought I would jot down some books I can recommend and organisations to obtain information from. After my few years of research on immunisation, I feel I can confidently say I have made a well informed decision not to immunise my children. To those parents who still have that decision to make, I would like to give some advice: Most importantly don't let anyone use scare tactics to persuade you to immunise. Read everything you can on the subject and speak to those on both sides. And remember those people who are pushing the hardest for compulsory immunisations have a vested interest, be aware of them.

To Nicole Rietmann: Yes, thank you, I do know about homeopathic immunisation, my children have been using Isaac Golden's kit.

Books and organisations I recommend you contact: The Immunisation Investigation Group, Kerry Hamblin, 33 Lett Street, Katoomba 2780. Ph: 047-821-497. The Immunisation Awareness Society, PO Box 56048, Dominion Road, Auckland, NZ. Approximately \$30 annual subscription. (Their newsletters are very informative).

*How to Raise a Healthy Child in Spite of Your Doctor*, Dr Robert Mendelsohn. *Don't Get Stuck*, by Hannah Allen. *The Cruel*

*Deception*, Dr Robert Sharpe, publishers, Thorsons Ltd, Wellingborough, Northamptonshire. NN8ZRQ England. *Immunity – Why Not Keep It*, Dr Glen Dettman, 45 Avon Rd, Avonsleigh 3782. Ph: 059-684-687. Available through the Natural Health Society, approximately \$20 each. Suite 28/541 High Street, Penrith 2750. *The People's Doctor*, Dr Mendelsohn, PO Box 982, Evanston, Illinois 60204 USA. For parents interested in prevention of cot death the Association for Prevention of Cot Death (APCD) hire breathing monitors and produce a newsletter. Subscription is \$10 a year. Contact Carol Wilson, 36 Ada St, BLACKHEATH 2785. Ph: 047-391-592. Glen Deffman also has a vitamin/mineral formula for the prevention of cot death.

**Kim Hynes**

30 Stony Crk Rd, NTH WARRANDYTE 3113.

**Hi GR Folk,**

I have just come across two copies of GR (89, 91) that show me how small TASSIE is. I also live in a little town overlooked by a mountain, totally surrounded by state and national forests, snow capped peaks and a population of one hundred and fifty. Several times in my life after living and working out in the 'real' world I have returned here to 'recharge'. Just looking out at the forest, walking by the creek or seeing the mountain helps calm me down enough to realise how minute my worries/stresses are. There is no other place in the world I'd rather call home. As is common in small towns, there is a lot of gossip doing the rounds. Anyone with any sense chooses to ignore it, knowing that it rarely starts due to malicious intent, usually it arises from boredom, curiosity or simple misunderstandings.

I've found (generally) the local community very helpful, caring and tolerant, providing I don't attempt to force my personal views, beliefs and lifestyle on others. The two local businesses provide 'credit' when needed and wanted by those suffering financial hardship. And as for the local 'characters', well, they've provided me with loyal friendship and many laughs. It's rather like having your own circus. God bless them all and long may they survive to give the 'plastic' people a run for their money.

**Katrina Armstrong**

C/- PO Box 242, EUROA 3666.

**Dear GRs,**

Thank you to all the people who took the time to send me recipes for PASSIONFRUITS. I am sorry that I haven't had the time to answer letters personally. I hope I can do something for you.

**Lynne Kirkpatrick**

33 Creamery Rd, TOOLERN VALE 3337.

**Dear Friends,**

Hi, I was wondering if any readers caretake (own) or know of anyone who caretakes (owns) land that they would like to see regenerated using 'natural farming' techniques (refer to book, *One Straw Revolution*, Masinobu Fukuoka). The condition of the land doesn't matter and the larger the tract of land the better. I believe that all life is sacred and hope that anyone interested in contacting me would want the land cared for in this spirit.

**David**

1 Payne St, BRUNSWICK 3056.

Ph: 03-386-5874.

**Dear GR Readers,**

I thought many parents would be interested to hear about a new brand of confectionery which is made without artificial colours and flavours. With Christmas fast approaching it is nice to know that we can let our children enjoy a sweet treat without the danger of hyperactive reactions to the additives found in most lollies. The Natural Confectionery Co has developed a range of sweets using natural colours and flavours. They are called Binkas and include jelly babies, snakes and raspberries. They look just like any other similar lollies and taste even better and are available in most supermarkets. If you can't find them write to Sunrise Confectioners P/L, PO Box 64, Prahran 3181. Good luck and happy chewing.

**Rosetta Berry**

PARK ORCHARDS 3114.

# Feedback Link-Up Feedback

## Dear Grass Roots Folk,

Many of us, no doubt, watched the programmes that the Earth Summit generated. Did you see the one about PLASTIC PRODUCTS being sold to, or illegally dumped in Third World countries?

As a consequence I am attempting to make my home plastic-free. I will purchase or make from scraps of fabrics bags to replace supermarket bags. I will try to purchase only those products not wrapped in plastic. This is a true at Grass Roots issue, that ordinary people like you and I can do to help Mother Earth. Where products I am using are packaged in plastic I am writing to the manufacture to ask: Can I return the container and get a refill so I don't have to keep purchasing plastic wrapping (if I decide to keep using that product or cannot find a non-plastic enclosed alternative)? Or cannot their products be packaged in glass/paper so that I can recycle the container or it will decompose quickly?

Ordinary people who make time to put pen to paper and write to manufacturers (their address should be on the labels) can achieve results. Everyone please help. Start writing today. Mother Earth needs our help.

**Chris Plumridge**  
PO Box 350, DARETON 2717.

## Dear Folks,

Lying in front of my open fire and looking through the photo album, it seems amazing what can be done to a 1 1/4 acre block here in this far north coast of NSW. The wet summers and sunny winters certainly promote rapid growth and from a bare block of land seven years ago I now look out onto a wee bit of paradise. For the first three years I lived in a little cabin on the land and now have a cosy home which was built by local labour. The cabin now gets rented out and I'm very happy with the arrangement. I get to know some lovely people and I also receive a regular amount of money. This set-up could be beneficial for many owner builders by placing their 'temporary dwelling' a certain distance from where their house will be. And if one wants to travel THE TENANT CAN BE YOUR CARETAKER.

What a concentrated region this is for setting up your own place and garden. One just needs to go to our wonderful country markets to see the creative work that comes from its people.

My main interest is painting and I now make a living from it (just). Instead of trying to sell paintings in this poor economic area, I make cards and have sold 14,000 in the last three years. My paintings are usually landscapes of this very scenic region and after finishing a painting I take a photo of it. I then get lots of reprints made and glue them down onto cream card and sell them at markets, crafts shops and galleries. In November, together with a jeweller and a potter, I have my annual Open House Art Exhibition to sell the paintings. This turns out to be a great fun weekend.

But even though I have a lovely set-up, live in a beautiful area and have some wonderful friends, life can be so lonely when you don't have a partner to share it with. And now I yearn for relaxed travel camping or caravanning, to stay at places with character and beauty and to paint and photograph the landscape or people's farmyards and houses. Have tried a few times by myself but adventure and joy is a sharing thing.

Have just finished eating a decadent delight: Cut a large ripe banana in half and then cut it again lengthwise. Into a small heavy fry pan over a very low heat, put some butter, ginger/lime marmalade or similar, nutmeg, and a generous splash of green ginger wine, cointreau or the like. Put the banana into this mixture and simmer for two minutes each side. Take out carefully and lay hot banana on top of ice cream and pour the juices over it. 'Go bananas' eh?

**Julie Baigent**  
Lot 4, Sunrise Place, UKI 2484.

## Dear Friends,

I would like to comment on a letter I read in your magazine concerning ASTROLOGY. Many people casually read their stars in a magazine or paper, these are only a rough outline of things possibly to come. No person with an ounce of sense would take them as life and death. I have been involved in astrology for some time now, and I think that people with little knowledge on the subject do not realise

the precise calculations necessary for accurately calculating a birth chart. This person had obviously been too readily searching for a crutch to support them, so had turned to astrology. Astrology is a way for understanding more about people, nature and the amazing solar system in which we live. In no way can we run our lives through it. Please do not dismiss astrology as rubbish, but keep in mind that the first step towards wisdom is admitting ignorance.

Also, does anyone know where I can obtain catnip, pennyroyal and aloe vera plants?

One more thing, I have a jar in the cupboard that says 'slippery elm for upset tummies', it is a kind of fawn-coloured powder. I would like to know how to use it. Please reply via Feedback.

**Jeanne.**

## Dear GR,

While looking through the newsagent's racks I spotted GR 91, it brought back memories of my brush with the bush. For five years my then husband and I lived in rural Western Australia. We grew all our own vegies, herbs, bartered for other things, like hay for my five milking goats, meat for the table, and furniture. From the goats milk I made butter, cheese and yoghurt, I bottled fruits, made jam as the seasons permitted.

We turned a dry patch of earth into a productive paradise. With chickens, ducks and geese we didn't want for much. Now I'm living back in the suburbs, my way of thinking hasn't changed, just the location. I still recycle all I can, including the food scraps, I have a very casual vegetable patch, sprung up from the waste, potatoes, onions, tomatoes and pumpkins. The cost was nothing, hopefully the reaping will be different. And yes, I'll keep buying GR.

**Lesley Doolan**  
7 Mars St, CARLISLE 6101.

## Hi GR Readers,

I have been considering keeping RABBITS FOR MEAT PRODUCTION for many years. My grandfather used to keep a very large, sandy coloured rabbit when he lived in Holland but my mother does not recall any real details about them. I would appreciate any advice from anyone who has kept rabbits for meat or any general advice about rabbits and breeding them. What is the best breed and where can I get them? What problems regarding health, feeding and breeding am I likely to meet. It is not legal here in SA for pet shops to sell rabbits but what restrictions are there on keeping them or selling meat to butcher shops? We might be moving to NSW in a couple of years so any advice about the situation there as well would be helpful.

**John Cullen**  
42 Arthur St, NARACOORTE 5271.

## Dear GR People,

To Keeley and Hans, who wanted to know what our grandmothers (and I!) used to wash and DISINFECT NAPPIES. We *boiled* them with pure soap or soap powder, rinsed them, and dried them in the sun. They were soft and snowy white and needed absolutely no soaker, disinfectant or anything else. They also lasted through several babies, not having been beaten to shreds in the washing machine.

For GRAVY using no animal products: Brown flour in the usual way using any vegetable oil instead of dripping. Add the water from your cooked vegetables, or water and a little vegemite.

**Beth Warren**  
WOODFORD 4514.

## Dear Grass Roots Readers,

Hi, my name is Anita, I am a single mum with two boys. I would like to have some information in making potpourri and drying herbs. If you have any herb seeds you don't want could you please post them to me. I am an Aquarius, 28 year old. I live in Katherine NT. My hobbies are swimming, motor bike riding and gardening. I would like to get in contact with Carmen and Trevor Goodall, they have two children, Jyha and Brooke, and are living in NSW. If anyone wants to write to me please do. Hi to Sue and family in Hervey Bay.

**Anita Lander**  
15 DeJulia Crt, KATHERINE 0850.

GR 89 contains an article about making potpourri.



# Gumnut Gossip

by Megg Miller.



Most of you would have read about or watched the news reports on the recent floods in our area. Not only did major rivers and creeks overflow their banks and flood parts of both Euroa and Nagambie townships, but their tributaries carried the excess through long-forgotten water courses to create further floodlike conditions on the connecting side roads between the two towns. The girls were forced to detour considerably to get to work, and initially, to travel through numerous stretches of flooded road. By the time the water started to recede they felt like seasoned rally drivers, and rather than waste time on the long way round Chris was prepared to get out and test the water's depth by wading through it, skirt hitched up in one hand and shoes in the other. Not surprisingly Celia was muttering about danger money that week.

We were cut off from Nagambie as well, the water flowing freely over the road for nearly 200 metres, deep enough in places to enter a car. It was a worrying situation for a few days and provided us all with an appreciation of how frightening and destructive floods like those often encountered up north must be.

Marg was unlucky in that her place suffered considerable damage to floor coverings and low-lying fixtures. Poor Marg and hubby Gary were away together for probably the first time this year, a rare occurrence because they have four lively kids and are very family-minded. They were stunned when they were advised that storm water had flooded through the house and came back to the unenviable task of mopping up. I don't think either Gary or Marg will feel easy about leaving the place for some time!

Word of the consequences of a different type of disaster reached our office recently. Patsy Richards, who wrote an interesting article on the Mapleton Community Library back in issue 82 notified us that the 81 year old building housing the library was burnt down several months back. Residents rallied magnificently and an enormous fundraising effort has resulted in over \$6000 being raised towards a replacement building. 'As always, when catastrophe strikes a small community we close in and work together', wrote Patsy. She also mentioned that the previous issue of GR had been loaned out before the fire and was one of the first items to be returned after, and so with the latest issue arriving they have the nucleus of a GR section once more. We wish them well with the mammoth task of starting again and look forward to further news of the community library when it is up and running.

This issue we feature the final article from our northern correspondent Vanda Coyne. She has written now for nearly three years and to quote her, 'The poor old mango tree has root rot, you might say'. Vanda manages an incredibly busy life. She works part time in a nursery, writes a column for the local paper, maintains a house and 40 perch yard, looks after and is companion to her 86 year old father, visits family, and somehow squeezes in time for her own interests which include meditation and relaxation, and painting. The latter, she writes, has been further away than ever. Finding time for all this is no mean feat and we appreciate the wonderful effort Vanda has put into her contributions. Hopefully the extra time she gains may be put aside for painting.

Mary recently mentioned an interesting phenomenon when we were discussing articles for GR. 'Why is it', she asked, 'that so

many people who suffer chronic ill health or pain are able to mobilise their already overtaxed resources and contribute generously to society?' We have numerous such people contributing to GR, including June Birkett, Colin Franklin and Lloyd Smith to name just a few. Colin contributes each issue despite overwhelming problems, June of course was mentioned in this column in GR 92 and was to face further surgery last week, and Lloyd is a regular correspondent and advertiser who has just come through surgery and can now stand up straight for the first time in years. Several years ago, Jose Robinson suffered a crippling condition and it was due more to her determination than medical support that she eventually recovered and is able to live the full and active life she now does. Some months back Ken Cooper, another regular correspondent, sent one of his articles in on the back of menu sheets from hospital, where he was enduring an enforced period of recovery. For active vital people there is nothing more frustrating than ill health or incapacitation and all our GR family who are affected in some way should take a bow for the courage they display in making the most of their situation. Good health is a precious gift and one should never take it for granted.

One of the topics mentioned in this column last issue has sparked off some amazing coincidences. I refer to the newspaper cutting which reported on the dilemma of a couple who moved to their dream acreage then found themselves in dire straits because of an economic downturn in the area. Well, several couples have written in to tell us the story was about them. We were quite confused at first, obviously this story – or should I say predicament – is a common one and newsworthy in many communities around Australia. Jim Sweeney and his wife Debbie are a couple whose plans collapsed when Jim was suddenly retrenched and they have featured in a newspaper story. Jim has been generous enough to share the couple's experiences on how they managed to cope when the mat was suddenly pulled out from under them. We hope this invaluable information will assist others suffering a similar plight to gather the threads of their life back together.

As 1992 draws to a close few will regret its passing. It has been a tough year and one most people will be pleased to put behind them. We're grateful GR continues to hold its own in the marketplace, thus ensuring our continuing involvement, and pleased the material we receive and publish is both helpful and relevant to the current economic conditions. This year more people than ever will be celebrating Christmas on vastly reduced incomes; hopefully with our assistance this event will embody the true sense of giving as people exchange gifts they have made themselves from ideas in GR. An acquaintance was discussing his family's reduced income recently and mentioned that the changed circumstances resulted in a far simpler but 'most enjoyable Christmas ever'. Let us think not of what we've lost but what we may have gained; close ties with family and friends, an appreciation of nature and the simple joys of life, perhaps time to enjoy the present more, the past and future relegated to their proper places. Let us make Christmas and its accompanying holiday period a time of regeneration as well as celebration so we have the vim and vitality to tackle '93. Merry Christmas and Happy New Year.





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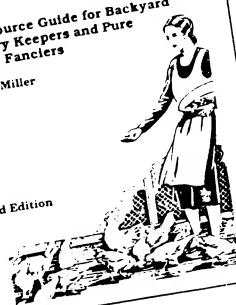
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